

Betty's  
Scrapbook  
of  
Little Recipes  
*for* Little Cooks

Saved from

The Nor-West  
Farmer  
The Pioneer  
Farm Journal of  
Western Canada  
and FARM & HOME



# The Story of Betty

This is Betty and her  
Scrapbook



PERHAPS, before you little cooks begin to use this scrap-book you would like to know more about Betty. Probably the fact that she has always been very healthy has had a lot to do with making her such a happy little girl, who loves to dance and sing about her work and play.

Betty's days seem all too short for all she wants to do. She loves to play with dolls, and sews for them, and is very much interested in animals and their ways. From baby field mice and rabbits, grasshoppers and beetles, to the colts, lambs and calves at the barn, she finds them all interesting.

It is always Betty who discovers the lame or sick or blind animal, and takes special care of it. Several times she has found a chicken caught or hanging in a fence in such a way that it could not have lived long unless she had rescued it.

Then Betty is the best little baby tender I have. She seems to know so many little ways of keeping baby brother happy—ways no one else would ever think of, and she will leave her play almost any time to amuse him.

But Betty doesn't play all the time. There are a great many small tasks which a little girl can do to help if she will, and she washes and wipes dishes, dusts, runs errands, irons plain things, hunts eggs, and even wipes up the linoleum quite often. I wish I could say that she was always eager to do all of these things to help, but she is only an ordinary little girl and so quite often she would rather play, and really I cannot blame her much because even grown-ups feel that way, too, sometimes.

But cooking is always play for the girls at our house, and they tease for the chance to help. Although Betty has learned to do more cooking than most girls of her age, it is only just what any of the girls who use this book can do by following directions carefully.

MRS. R. C. DAHLBERG  
(Betty's Mother)



## Betty's Scrapbook of

## “Little Recipes for Little Cooks”

THIS book has been prepared so that little cooks will have an easy way of keeping all of the pages of Little Recipes written by Betty. It will be very nice to keep each one of the pages, for after they are printed and you have learned to make so many good things, you will enjoy reading the first ones over again. The first two pages of

recipes are already printed in this scrapbook, so that you will not have to put them in. They have been put in so as to show you just how they should look when you paste them in. On page 25 you will find some very valuable help for little cooks and directions for keeping this scrapbook. Have mother read the article printed on the back of the cover,

for she will be interested in that. In sending you this book Betty wishes that you will have lots of fun and learn how to make wonderful things so that you can tell your friends and playmates how much you enjoy her recipes and scrapbook.

**The Nor-West  
Farmer**  
The Pioneer  
Farm Journal of  
Western Canada  
and FARM & HOME



# Little Recipes for Little Cooks

by

Betty

Lesson No. 1

Read this about Betty!

LITTLE Betty is a real girl. She lives on a farm, and is very fortunate, for her mother has had special training in diet and nutrition, so that she knows just what things are best to make strong and happy little folks. Betty is going to help other little farm girls learn all the things her mother teaches her.



I am going to tell other little girls how to cook lots of good things—just like my mother has told me!

*This is the first of a great, long series of these full page recipes for little girls. If you have never learned to cook, or mother has been too busy to help you, be sure to read every word on this page, for you will enjoy it. Then watch for another one that will be ready for you in just four weeks.*

## Dear Little Cooks:

Of course I have helped Mother at the cooking ever since I was big enough to stand on a chair by the mixing board and tease for bread dough for biscuit. I wasn't much help, I guess, and the biscuits were more like bullets when I had them baked, but it was fun.

Mother was quite patient and let me, too, unless she was just awfully busy and then I had to wait till next time with my cooking.

Daddy helped with my cooking too, by bringing in pigeon eggs for my baking. They were just right for the little recipes I used, because they were about one-fourth the size of a regular hen's egg and one-fourth was the size of the recipe Mother usually gave me.

After I have tried the little recipe a few times, Mother gives me the family-sized recipe and then I can make enough for all of us. Daddy is always SO pleased when I make muffins for his supper.

So many girls would like to learn to cook, but Mother says that often they cannot because their mothers are afraid they wouldn't have good luck and the sugar and butter and all the other good things they used would be wasted.

So I thought maybe I could send my little recipes to the girls who read the Children's Page and perhaps they could have as much fun cooking as I do.

This is just a kind of get-acquainted letter and just one real little recipe for you to try.

Remember I will have some more things for you to try in just four weeks. Watch for them!



## To Mothers of Little Cooks

THIS week we are beginning some simple lessons in cookery for the girls who read the Children's Department. These lessons are intended to help busy mothers who would like to teach their daughters to cook and yet find it hard to take the time for it.

The recipes will be small in order that the beginner's failures (for we must expect there will be a few) will not be too expensive. The larger recipe will be given too, so that as soon as results with the small recipe justify, the little cook may be allowed to try making enough for the family.

With three little daughters, all eager to try their hand at cooking, it has taken some time and a lot of patience to let them, but now that the oldest (eleven) has mastered enough simple dishes so that she can be trusted to prepare a meal alone when it is necessary, I feel this has been worth while.

Having learned to do some of the more simple things a little girl has a good foundation upon which to build a more thorough knowledge of cookery almost certain to be very useful to her later on. She finds pleasure in such cookery lessons and in addition her mother soon begins to receive dividends on the time and patience she has invested.

So we ask you, mothers, to be interested and to help these little cooks in order that they may get as much fun and benefit as possible from these lessons.

—Mrs. R. C. Dahlberg,  
Betty's Mother.

## A Nice Baked Apple

There is an old saying about "An Apple a Day Keeps the Doctor Away," and so apples are one of the things we don't economize on at our house, though there are lots of others that we do.

Quite often Mother lets me bake an apple for my school lunch, and this is how I do it: First I pick out a nice, smooth, sound-looking apple, wash and dry it. Then I take out the core with an apple-corer. Usually I bake my apple in a small basin or pie-plate and I put in just enough water to cover the bottom of this dish. Then I put in the apple.

Into the hole where the core was I put sugar (white or brown) enough to fill it well and then the apple is ready to put in the oven. I can't tell you just how long to leave your apple in to bake because the kind of apple makes a difference, some apples bake quicker than others, and the heat of the oven counts too. Thirty minutes seems about right for most apples.

When the apple has baked about long enough I test it to be sure before I take it out. I stick a fork or toothpick into it and if it seems soft all through I know it is done.

I like to put this plain baked apple on a pretty dish when I serve it and if I can have a spoonful of whipped cream for the top and a tiny bit of bright red jelly to drop in the centre of the cream it looks just as pretty as can be.

Next time I bake an apple I am going to try something different. I shall stuff the hole in the middle with raisins or dates or figs because I like a change even with anything as good as baked apples. Once I surprised our family by filling the hole in a plain baked apple with jam before I put on the cream. They all liked that.

I have another recipe for next month; please watch for it.

P.S.—Mother says I ought to tell you to try putting red cinnamon candies into the centre instead of sugar and see how pretty and good that is.

Betty

## A Scrap Book for You

Betty wants you to save every one of these pages of Little Recipes for Little Cooks, so she has asked us to fix up a dandy scrapbook that you can easily paste them into. We have them all ready and have put in a lot of other things that will help you in learning to cook and bake as you take these lessons. To get one, all you have to do is send us your name and address and age with ten cents or have Mother do it, and ask for one of Betty's scrapbooks. We will send it to you in the first mail.



# Little Recipes for Little Cooks

Lesson No. 2

by

Betty

Here is a picture of Little Betty with her scrapbook. You should have one like it. Read how to get one at the bottom of this page.



## Here is Another Lesson that is Lots of Fun

This is No. 2 of a great long series of simple lessons in cookery that have been prepared by Betty and her mother, Mrs. R. C. Dahlberg, and these lessons are just like the ones with which she has learned to cook almost everything.

### Let's Try Some Baked Potatoes

Dear Little Cooks:

When I want to bake potatoes I first see that there is a good hot fire for the oven must be hot. Then I go down cellar and pick out as many nice, smooth, sound looking potatoes as I think we can eat. I try to get them all about the same size and a little larger than the average.

When I have them up in the kitchen I put them into a pan of water and scrub them very clean.

My potatoes are ready for the oven now and I put them in on the grate to bake. It takes from forty-five to sixty minutes for baking, depending on the size of the potatoes and the heat of the oven.

Some people like to grease the skin of the potatoes well before they put them in to bake. It makes the skins softer.

Now look after the fire again so the oven will keep hot.

When it is time for the potatoes to be done I take a clean holder in my right hand and open the oven door with my left hand. I reach in and pick out a potato and squeeze it gently in the holder. If it seems all soft it is done, if not it needs more baking.

Although plain baked potatoes are very good, eaten piping hot with good gravy or plenty of butter, you may like to try a little different way of fixing them, one which mother may not have time for very often.

**Stuffed Baked Potatoes** or creamy baked potatoes as they are sometimes called, are baked just as the plain ones. The potatoes are taken from the oven and a slice is cut from one side of each potato. Then with a spoon I scoop out all the potato, being careful not to break the skin at all as I want these skins later. The potato I put into a deep bowl and when I have scooped out all the potatoes I mash it and add just enough milk or cream to moisten it as mother does her mashed potatoes. I also add a little salt. Then I beat the mixture until it is light and fluffy.

Now I am ready to stuff the shells which I was so careful to save. I fill them up real full with the mashed potato and put a little melted butter on the top of each. If there is paprika I sprinkle a little of that on to give a pretty color.

Then I place all potatoes on a tin and put them on the top grate to brown.

Mother says the older girls who read this would like to try adding chopped meat, chicken, or fish to the hot potatoes after it is mashed, just for a change.

### Good Little Cooks Will Want to Know How to Measure

#### With a Spoon

LEVEL SPOONFUL



For a spoonful, dip the spoon into the material, lift it, and level true with a knife.

1/2 SPOONFUL



For a half spoonful, level a spoonful and then divide lengthwise through the middle.

1/4 SPOONFUL



For one-fourth spoonful, divide the half-spoonful, crosswise, dividing a little back of the middle.

1/8 SPOONFUL



For one-eighth spoonful, divide a fourth of a spoonful diagonally across from centre of spoon to outer rim.

1/3 SPOONFUL



For one-third spoonful, divide the spoonful into three equal parts, crosswise, using one part.

1/6 SPOONFUL



For one-sixth spoonful, just cut a one-third spoonful in half.

#### With a Cup

For a cupful, fill the cup with a spoon and level with a knife. Unless otherwise stated a cupful means a level one in all recipes. Regular measuring cups are very convenient and those made of glass are especially good for the young cook because they enable her to see whether she has her measuring exactly right or not.



### Do You Like Cocoa?

I am so glad that I like cocoa, aren't you? You know how it is when we have health charts at school, those who drink coffee for breakfast have a time getting a good looking chart full of points because tea and coffee are not supposed to be healthy for children.

I like to make cocoa, too, and this is how I make one cup just for myself: Into a small saucepan I put one teaspoonful of cocoa, two tablespoonfuls of water, one teaspoonful of sugar, and just a few grains of salt. I cook this until it thickens a little then I add the milk and let it all get hot. Then I add one drop of vanilla and my cocoa is ready to pour into a cup and drink.

This is ever so good in the thermos bottle for my school lunch, too.

When my cousins, Dick and Dorothy, come we sometimes want a little party and I make cocoa and we have cookies and cocoa. With my little sister and baby brother and myself there are five and so I make more.

2 tablespoons of cocoa    6 cups of milk  
2 tablespoons of sugar    1/2 cup of water  
A pinch of salt

I cook this until it thickens and then add the six cups of milk which I have heated in a double boiler because you know how easily milk scorches if it has to heat long. Then I add one teaspoonful of vanilla and pour out five cups full and the party is ready.

If we can have a marshmallow to put on top of each cup of cocoa it's even better. A spoonful of whipped cream on top tastes awfully good.

This party recipe is just right to make for our supper, too.

I wonder how many of you "Little Cooks" will try this?

### Send for My Nice Scrap Book

I still have some scrapbooks for little girls who are reading these cooking lessons. They are dandy big ones, large enough so you can cut out the full page, like this, and paste it in, and there is room for twenty-four of these lesson pages. If you want one, send 10 cents in coin or stamps and it will be sent to you by return mail. Address—

Betty



# Little Recipes for Little Cooks

## Lesson No. 3

This is the third of the series of lessons on cooking for little girls written by Mrs. R. C. Dalhberg, mother of Betty. Betty is a real girl, and it is her picture that is being shown on these pages. She has learned to cook many, many things in just the same way as she tells you in these Little Recipes for Little Cooks, and she wants every little girl to be able to do it too. It is lots of fun, and with the little recipes there is so little wasted if a mistake is made that mother won't mind it at all. Try all of the things on this page, for in just four weeks more there will be another one with other recipes for you to work with.



by

Betty

This picture shows Betty breaking an egg.

Get mother to show you how she breaks them and ask her to let you practice breaking eggs for her baking when she can.

### Dear Little Cooks:

This week I want to tell you how I scramble eggs. Breaking eggs was quite hard for me at first and mother let me practice while making scrambled eggs. If a bit of the shell gets in, it can be taken out with a fork or spoon and if the white and yolk all go together, why it doesn't matter at all for eggs that are to be scrambled.

After you have learned to break eggs a number of times for scrambling you will be ready to make a lot of other things, for it won't be long before these lessons will tell you how to make muffins and bake other goodies that all of the family will like.

I have another recipe that I am sure you will like. I have tried it and know that it is good and is real easy to make. It is a caramel custard, for that is one of my favorite desserts.

There's another recipe I made and had a lot of fun with so maybe you can. It's popovers. You may have them real often at your house but just heaps of people never do and don't know the surprise. You see popovers look like muffins but they are empty inside and all crisp and crusty outside so even if they are hollow they are awfully good eaten with butter, honey or jam.

I hope these things will turn out fine.

BETTY.

### How to Scramble Eggs

Break the number of eggs you think you will need into a bowl and add one tablespoon of milk for each egg, that is, for four eggs you would add four tablespoons of milk. Stir these together well. Put a tablespoon or two of butter or bacon grease into a frying pan and heat the pan until the fat or butter is melted. Tip and turn the pan a little so that all the bottom and sides will be well greased. Let the pan become a little hotter and then add the mixture from the bowl. Stir all the time while it is cooking to keep the egg from sticking to the pan and scorching.

Do not let this get too hot. Eggs taste better and are better for us if cooked slowly over a slow fire.

When the mixture has thickened and looks done, add salt and pepper. Just a tiny pinch of salt is enough for one egg. One half teaspoon of salt would be enough for six eggs.



### You'll Like Caramel Custard

Mother let me make plain custard and that was good, but I wasn't satisfied. I kept teasing to make the caramel kind, like she makes. It has a big spoonful of hot, melted sugar put in the bottom of the custard cup before the custard is poured in. But Mother said, "Melted sugar is about the hottest stuff ever and it makes terrible burns; some little cook might get a bad burn making that part." So we just put on our thinking caps and found a good safe way for me (and you) to make caramel custard. Read the recipe and see how. Here are the things you will need.

#### Little Recipe

1 egg  
1½ tablespoons sugar  
1 cup milk  
Few drops vanilla  
A pinch of salt

Have hot water ready in the teakettle.

Put the milk on in a saucepan to heat. Break the egg into a small bowl and beat it a little with the egg beater. Add sugar, salt and vanilla to the beaten egg. Pour in the hot milk and stir well. Take two old cups or pudding moulds and butter them. Pour in the custard and set the cups in a pan of hot water. Bake in a slow oven until firm. Test by putting a silver knife into the custard and if the knife comes out clean the custard is done. Take from the oven and take the cups from the pan and cool before serving.

For the large recipe you could use one larger dish to bake it in and then it would be a little better to use 5 or 6 eggs to make it firm enough to hold its shape well.

This plain custard may be eaten with a little cream or fresh berries or other fruit over it.

For the caramel custard we found that we got the nice caramel taste by putting a candy caramel in each cup before pouring in the custard.

Serve in a sauce dish. Turn the cup upside down on the saucer to get it out nicely.

Here is a regular large recipe that makes enough for six people.

#### Large Recipe

4 eggs  
1⅓ cup sugar  
4 cups milk  
1 teaspoon vanilla  
¼ teaspoon salt

### Try These Popovers

First have the oven very hot. Grease iron gem pans and put on stove to heat. Then get the following all on the table to put together.

½ cup flour  
½ teaspoon salt  
7 tablespoons milk  
1 egg  
¼ teaspoon melted butter

Mix flour and salt; add the milk slowly and stir well to make the mixture smooth. Add egg, beaten very light, and then the melted butter. Beat four minutes with an egg beater. Pour at once into the hissing hot gem pans. Put into the oven at once and bake about thirty minutes.

Mother may like these so well that she will want to make a lot of them; tell her that she can make fourteen of them by using 1 cup flour, ¼ teaspoon salt, ⅞ cup milk, 2 eggs, and ½ teaspoon melted butter.

### Why We Use Eggs

Because they are one of our best foods, especially for growing boys and girls.

Because they add flavor to cakes, puddings, salad dressings, custards, etc.

Because they give lightness to cakes, doughnuts, muffins, etc.

Because we like to use the good, clean, fresh foods which we have right at home.

Nine average eggs weigh a pound. Large eggs are worth more per dozen. Large, clean, graded eggs bring a better price, which makes it worth the trouble to sort and clean them. Small girls and boys can make this their task and help in this way. Real fresh eggs are never shiny, but have a soft, satin-like appearance.

### Did You Get One of My Nice Scrapbooks?

If you have not yet gotten one of my scrapbooks to paste these pages in, send 10 cents and I will send one to you right away. They are dandies and the first two of these lessons are already in it so don't worry about not having saved them. Address your letter to

Betty



# Little Recipes for Little Cooks

by

## Betty

Lesson  
No. 4

Something New  
To Make

Dear Little Cooks:

This month I have three recipes which you are sure to like. I have tried them and know they are good, and easy to make. One of them is creamed potatoes, for mother says that no father of any little cook needs to be hungry if all of you learn to make good creamed potatoes, to scramble eggs and make good cocoa.

This time I am telling you about some dandy muffins that I learned to make. Be sure to try them several times, because the practice on these makes other things, that I'll tell you about later, a lot easier.

You will like the pudding, too. At least, I think it is very good and hope that you will try it.

After you have made all these things I would like to have you write me a letter and let me know how you are getting on with these cooking lessons. Lots of little girls tell me that it is great fun and their mothers are pleased too. I will have some more nice things for you next month.

BETTY.

### Muffins

Mother says Little Cooks should practice a lot on muffins so that they will become quite expert because next month we're going to make cookies (chocolate drop cookies), and they would be hard for anyone who had not learned to measure and beat and stir well.

Of course you won't want to make the same kind of muffins all the time till the family is tired of them so I will tell you how to change the recipe a little and make different kinds.

Here's how:

When I want graham muffins, I use only half as much white flour as the recipe calls for and for the other half I take graham flour.

That is, if my recipe called for  $\frac{1}{2}$  cup flour I would take  $\frac{1}{4}$  cup white flour and  $\frac{1}{4}$  cup graham flour. Then I like molasses better than sugar for dark muffins so if the recipe calls for 1 tablespoon of sugar I would take 1 tablespoon of molasses instead.

In the same way I take bran for bran muffins and rye for rye muffins. This really gives me a recipe for four kinds of muffins, you see.

We eat the dark, coarse breads, such as whole wheat, rye, corn, graham and bran because they help us to grow strong, healthy bodies, to have pretty teeth, and rosy cheeks.

Have a good hot fire so the oven will be hot.

Have ready

$\frac{1}{2}$  cup flour  
1 tablespoon sugar  
1 teaspoon baking powder  
 $\frac{1}{8}$  teaspoon salt  
1 tablespoon beaten egg  
4 tablespoons milk  
1 tablespoon melted butter or lard

Large Recipe

2 cups flour  
 $\frac{1}{4}$  cup sugar  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 egg  
1 cup milk  
4 tablespoons melted butter or lard

Measure and sift together the dry ingredients which are flour, salt, baking powder, and salt.

Into a small bowl break an egg and beat it well before measuring. (Mother saves out a little for me from her cooking if I am only going to use a tablespoon or two). Add milk, and melted shortening (butter) to the beaten egg and add the dry ingredients. Stir and beat well. Grease muffin tins well and fill them half full with the muffin batter. Put to bake in a hot oven. It will take from 20 to 25 minutes to bake them.

There are lots of good muffin recipes which I can send you if you like to make them.

### Creamed Potatoes

Either freshly boiled or cold boiled potatoes may be used. If potatoes are to be cooked they should be put to cook and the gravy made when they are nearly done. Potatoes for creaming are usually cut into small cubes or larger pieces or left whole. When cold potatoes are used they should be put into the hot white sauce (gravy) to heat for ten or fifteen minutes before serving.

### White Sauce

1 cup milk  
2 tablespoons butter  
2 tablespoons flour  
 $\frac{1}{4}$  teaspoon salt  
Few grains pepper

(Larger Recipe)

2 cups milk  
4 tablespoons butter  
4 tablespoons flour  
 $\frac{1}{2}$  teaspoon salt  
Few grains pepper

Measure out the butter and put it in the saucepan to melt slowly. Measure flour and add to the melted butter and rub or stir till very smooth. Then add the milk slowly, stirring all the time. Cook slowly and stir all the time until the mix-

ture is thick and smooth. Then add salt and pepper.

This may be made in a double boiler.

How we use the white sauce:

When we can make a really nice white sauce we find it easy to prepare a great many good dishes such as creamed dried beef, codfish, egg, carrots, peas, etc., so it is quite an education for a little cook to learn to make this well.

### Yum Yum Pudding

Here is the way to make a pudding that tastes as good as the name sounds! First get these things together:—

1 cup milk  
2 tablespoons cornstarch  
4 tablespoons sugar  
 $\frac{3}{4}$  square chocolate  
3 tablespoons cold milk  
 $\frac{1}{3}$  teaspoon vanilla  
1 egg white

Put about an inch of water in the bottom of a double boiler and put it on the stove to heat. Measure 1 cup milk and put that in the top part of the double boiler and set it in the bottom part to warm. While this is heating cut chocolate fine. Measure into a small bowl the sugar, cornstarch, salt, stir and add the cold milk and stir until the mixture is smooth. When the milk in the top of the double boiler is hot add the mixture stirring as you pour it in. When it has thickened add the chocolate and stir smooth. It will need to cook about ten minutes so that there will be no raw taste. Beat the egg white very stiff and fold it into the hot pudding and add the vanilla just before you take it from the stove.

### How to Serve the Pudding

Pour the pudding into sauced dishes or sherbet glasses while it is still hot and serve with cream. Or you may rinse out old cups or custard moulds with cold water and fill with the hot pudding. Before serving turn out on small plates and serve with a spoonful of whipped cream on top.

My very favorite way of making this pudding is to take only half as much sugar and make it just as before except that instead of adding egg white I put in four marshmallows cut in quarters just before it is done. The marshmallows should soften but not melt entirely.

Mother says the more common name for this is Chocolate Cream Pudding, but I like my own name better, don't you?

Perhaps your mother will want the full size recipe, so here it is:

2 $\frac{1}{2}$  cups milk  
6 tablespoons cornstarch  
 $\frac{3}{4}$  cup sugar  
2 squares chocolate  
 $\frac{1}{2}$  cup cold milk  
1 teaspoon vanilla  
3 egg whites

(Serves Six)

I hope you have good luck and will be able to do these real well before the next lesson, which will be just four weeks. Good bye till then,

Betty



The above picture was taken as Little Betty was showing her dad one of the things that she had baked. Betty, you know, is a real little girl, and has learned to make all the things that she tells you about in these Little Recipes for Little Cooks pages in just the same way that she is telling you. Betty is eight years old and lives on a big farm which is called Shady Lane Farm. Betty's mother, Mrs. R. C. Dahlberg, is helping her to write these pages for you.

### A Scrapbook For Each Little Girl

#### Send for Yours

Some dandy scrapbooks have been made for little cooks to keep these Little Recipe pages in and every little girl should have one. Send for one now. The first lessons are printed right in so that if you have not saved the ones that have already been in this magazine you can start now and have them complete. There is room for you to paste in this and the next twenty lessons. Send 10 cents in stamps or money for Betty's Scrapbook. Address your letter to Betty, care of The Nor'-West Farmer and Farm & Home, Winnipeg, Manitoba.



# Little Recipes for Little Cooks

## Lesson No. 5

The first days of vacation suggest lots of things to do and one of the nicest ones of all is to fix a little lunch and take it to a shady spot to enjoy it. Learn to make the things in this lesson for they are dandy for picnics. If you make them real well Mother will let you make sandwiches for the family picnics, too. Be sure to read each word carefully and save this page for your scrapbook.



A playmate tries some of Betty's cooking.

by  
*Betty*

If You Like  
Picnic Lunches  
Learn About  
Making Them  
In This Lesson

### Dear Little Cooks:

Summer is picnic time and I thought you would like to have some recipes to use when you are helping mother to get ready for a picnic. I guess sometimes mothers have to hurry so, getting ready, that it isn't much of a picnic for them, so I was very glad when I learned to help.

My little sister Helen and I are always teasing mother to let us have a few sandwiches, some fruit, some milk, and cookies and when we have our little basket packed we go find a cool, shady spot outside somewhere and eat our lunch. Mother says it really saves her work, when the men are away or will be very late, to have us do this and things do taste lots better on a picnic.

Do you all like picnics?

BETTY.

### Picnic Eggs

First, I see that there is plenty of boiling water in the kettle in which I am going to cook the eggs. Then I pick out clean, sound eggs which I am sure are fresh.

The steam will be very hot as it comes from the boiling water and I do not wish to burn myself, so I use a long handled spoon or a pair of kitchen tongs to hold the eggs as I put them in the boiling water.

I let them boil 15 or 20 minutes and then, with my long handled spoon, I take the eggs out and drop them in cold water.

When they are cold, I take them out and shell them. As I have each egg shelled, I place it on a clean plate. When I have this done, I cut each egg in halves and take out the yolk, which I put into a small bowl.

Then I am ready to mash the yolks fine and smooth and season them. For this seasoning I get ready (for each egg) a few grains of salt, pepper and mustard,  $\frac{1}{2}$  teaspoon of vinegar,  $\frac{1}{3}$  tablespoon of melted butter. Mix these together and add to the egg yolks.

For six eggs use:

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon mustard  
Few grains pepper  
2 teaspoons vinegar  
2 tablespoons butter, melted.

These seasonings may be too strong or not strong enough to suit those who will eat them, so it is a good plan not to add too much until you have tasted and are sure more would improve the taste.

Now I am ready to stuff the whites. I take a little of the yolk mixture in a teaspoon and put it in the egg white as neatly as I can. Or sometimes

I have my hands very, very clean (of course, every little cook always washes her hands before she begins to cook), and I take up a little egg yolk mixture in my fingers and shape it into a ball and put it into the egg white.

### Nice Ways to Serve Them

When they are to be eaten at home at the table I like to put nice, crisp lettuce leaves on the plate and then I place the stuffed eggs on neatly. For a picnic they seem to go better if I pack them closely in a bowl lined with lettuce leaves and cover them carefully with waxed paper.

### Nice Cold Drinks

Wouldn't you like to know how to make the lemonade for the picnic, or a nice cold drink to take out to Daddy when he is sure to be thirsty? There are just lots of cold drinks that can be made with fruit juices and it's great fun to try

new ones. At our house, we use most any fruit juice we happen to have handy.

Sometimes it is strawberry or currant or raspberry juice that we use with lemon to make our cold drink and then other times the cherries are ripe, or the plums, or the grapes and we use juice from them. Even wild chokecherries make a delicious drink. Most any little cook can think of some fruit, which grows wild, and pick it and, when she has washed it, cook it with water and strain off the juice that cooks out.

It never seems to make much difference what juices I use or how many different ones I put together when I have added sugar and water, the drink is sure to be good. Lemon juice makes most any drink better, so I always like to put some in, but when I am using juice from sweet fruit like peaches, I really need the lemon juice, too.

Sometimes mother has a little juice from sauce such as pineapple, and that is ever so good in any cold drink. So you see, there are a great many good drinks to make and I hope every little cook will think of one, a little different than any that she ever tasted before, to try this summer. This is the way I make a glass of Lemonade:

1 tablespoon of lemon juice  
1 tablespoon of sugar  
1 glass of water.

You may like 2 tablespoons of juice and 2 tablespoons of sugar better for a glass of water and you may take that much if mother will let you.

I like orangeade even better than lemonade and for that I take:

1 tablespoon of lemon juice  
2 or 3 tablespoons of orange juice  
2 tablespoons of sugar or more if you like it  
1 glass of water.

A little ice is nice to put in if you have it because it keeps the drink cold. A slice of orange or lemon floating on top looks pretty.

### Toasted Cheese Sandwiches Are Good

Have you tried buttering two slices of white bread and putting a slice of cheese between just as for any other sandwich and then toasting the sandwich on each side? While the bread is toasting the cheese gets all melty and it tastes awfully good, eaten hot.

We have them for Sunday night supper quite often, with pickles and cookies and cocoa.

Good-bye, until next month,

*Betty*

### A Suggestion to Mothers of Little Cooks

This is the fifth of a series of cooking lessons for little girls prepared by Mrs. R. C. Dahlberg, mother of "Betty." They are carefully graded to lead beginners from the most simple cooking operations to a working knowledge that will allow them to prepare an entire meal. Each recipe given, as well as many others, has been tried and successfully carried through by eight-year old Betty. The month interval between lessons allows plenty of time for trying them out several times, if necessary, to produce good results.

Your personal help in helping your little girls (and little boys too) in completing the tasks that these lessons give, will show wonderful results in the future in the help that they will be able to give you through this knowledge of cooking. It is the wise mother who educates her child to perform the simple duties of home-making in conjunction with the book education received at school.

Many mothers with children only two to four years of age have told us they are keeping these recipes so that the young folks will have them when they do get old enough to read and cook. Even though the lessons are to teach little boys and girls, they appeal to older folks as well. Here is a letter from a grandmother we want you to read:

"Dear Little Betty: How old, or young, must we be to be able to join your cooking class? Am I eligible? I am nearly 60 years old and have kept house for 40 years, but I find I can still learn. My family is very fond of caramel custard, but like your mother says, melted sugar is the hottest thing ever, and needs to be handled with care, to prevent burns and it is a bother to make so I have not been making it often. Your idea of putting a candy, caramel in the bottom of the custard cup instead of melted sugar is a new one to me, so you see, even an old-timer like me can learn something from a new little cook like you."—A grandmother.

### There Are Still Some Scrapbooks Left

Every little boy and girl can still get all the lessons that have been printed. They will come right with the scrapbook you order. Just send 10 cents to Betty, c/o The Nor'-West Farmer and Farm & Home, Winnipeg, Man.



# Little Recipes for Little Cooks

Lesson No. 6

*Can You Get Your Own Breakfast, and Would You Like to Make a Coffee Cake?*

by

*Betty*

Dear Little Cooks:

When I think of how many, many little cooks there are now learning these recipes, then I get to wondering what you are all doing these hot, busy days on the farm. There are some little city girls who are little cooks, too, but maybe they are visiting in the country now. Part of the time I am so busy helping Daddy that I haven't time to cook at all. You see, I drive the horses on the hay ropes or on the wagon when he is haying. I like to drive and the men say it helps a lot to have a driver sometimes.

Another way I help is by taking lunch out to Daddy. I thought maybe you would like to have my recipe for the coffee cake that I make to take for lunch sometimes. It's good with coffee, the men say. Of course, I drink milk for my lunch, don't you?

Betty.



## Quick Coffee Cake

Have the oven real hot for this.

4 tablespoons sugar (2 spoonful will do).  
 $\frac{1}{2}$  cup flour, sifted before measuring.  
 Few grains salt.  
 1 teaspoon baking powder.  
 2 tablespoons raisins.  
 4 tablespoons milk.  
 $\frac{1}{2}$  egg beaten and 1 tablespoon of melted butter.

Mix the dry ingredients, which are the first five given. In another bowl beat the  $\frac{1}{2}$  egg and add the milk and melted butter. Add these to the mixture in the first bowl and stir well.

Then I grease a cake pan and pour in the batter. Then I mix 1 tablespoon of sugar and  $\frac{1}{4}$  teaspoon of cinnamon and sprinkle it over the top. Now it is ready to put in the hot oven to bake about 15 minutes.

Mother says you will notice that this is really only a sweet muffin recipe, but the raisins in it and the sugar and cinnamon on top make it seem quite different.

Use this larger recipe when you want to make one for the men's lunch.

1 cup of sugar.  
 2 cups flour, sifted.  
 4 teaspoons baking powder.  
 $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{2}$  cup raisins.  
 1 or 2 eggs.  
 1 cup milk.  
 4 tablespoons melted butter.  
 Sprinkle with 4 tablespoons sugar.  
 1 teaspoon cinnamon.

## Cottage Cheese

Do you have cottage cheese at your house? We do. Mother says it is such a fine food, to be had so cheaply on the farm, and that we ought to serve it lots of different ways so we won't get tired of it quickly. So I am going to tell you how I fix it up and maybe you can surprise your mother with a new way to serve it.

Mother generally cooks it herself, but if you want to do that part, too, put the thick sour milk on the back of the stove where it will warm but not become very hot, because too much heat makes the cheese tough and stringy. When the curd and whey are well separated, pour it all in a clean cheesecloth bag to drain (we use a clean salt sack

which is just the right size). We tie the bag and hang where the whey or watery part will all drain off. When it is cool-enough, squeeze the bag hard to get rid of all the water. Then empty out the cheese into a clean bowl and let it get very cold.

When I want to fix my cheese for the table, I mix it smooth and add salt and cream to moisten as we like it best. It is very good just this way, but I enjoy making it into balls about the size of walnuts (hands must be extra clean for this work). I put these balls on crisp clean lettuce leaves and in the top of each ball I make a tiny hole. In this hole I put a bit of jelly of a bright, pretty color. This makes a pretty dish.

Other times I add raisins or dates to the cheese before I serve it. Nuts and dates are very good in cottage cheese. Cottage cheese balls look ever so pretty dipped in finely chopped parsley, too. Mother likes salad dressing on cheese balls and so she showed me how to put a spoonful of dressing on the cheese ball and then a one-half walnut on the dressing.

I hope you like these ways to make this good food look and taste better. Mother will be glad to know that she can depend on you to fix that part of the supper.

## Making a Good Breakfast

Sometimes, when there is no school, I sleep quite late and then mother thinks I should get my own breakfast, because getting late breakfasts takes lots of her time when she wants to be doing other things.

This is what I very often get for myself:

### Milk Toast

To make this I first put a cup of milk to heat in a sauce pan. Then I cut a slice of bread, a rather thick one, and toast it carefully. I watch it every minute because I do not like burned or scraped toast. When I have my toast nicely browned on both sides I take it off and butter it well on one side.

Then I sprinkle a wee bit of salt over it and place it on a deep plate or in a soup bowl because I like quite a little milk on my toast and I want room for the milk without spilling. When the milk is steaming hot, I pour it over the toast and eat it while it is nice and warm.

If I feel very hungry, one slice isn't enough for a whole breakfast. So I either toast two slices and heat more milk or I plan to eat a dish of cereal with sugar and cream before I have my toast. We aren't allowed to eat a whole breakfast of pancakes and syrup and drink coffee. Maybe if we did, the school nurse would not have said, as she saw me come into the room to be examined, "I can tell just by the looks of that girl that she is healthy."

I like eggs and there are always plenty of fresh ones on a farm, so sometimes I poach an egg to go on top my slice of toast.

## Poached Egg

To poach an egg I first take a small sauce pan and fill it with boiling water and put it where it will stay about as hot while the egg is cooking. Then I take an egg which I know is fresh and break it very carefully into a saucer. Then I slip it carefully into the hot water and let it stay until it is as hard as I like my eggs. Then I take a pancake lifter and lift it very carefully and slip it onto the slice of toast, and I salt and pepper my egg. After this I pour on the hot milk.

After I can do this well mother lets me fix a whole big platter full of toast and eggs for the family supper.

*Betty*



*Little Betty enjoys looking over her recipes after they are pasted in her scrap-book. So will you!*

## Send For Your Scrap Book

There are to be in all 24 pages of recipes like this one. Five lessons have been printed, but they will be sent with all scrap books, so any Little Cook can start now and not miss any lessons. Even with these back lessons you can get a scrap book for 15 cents from Betty, The Nor'-West Farmer and Farm & Home, Winnipeg, Man.



# Little Recipes for Little Cooks

by

Betty

## Lesson No. 7

### Dear Little Cooks:

Wouldn't it be fun to have a picture of all the little cooks together? It would take a pretty big camera to get us all in, wouldn't it? So many nice letters come and I wish I could know you all real well, but I feel that we are good friends even if most of you do live far away. We are all using the same recipes and thinking about being good little cooks and helping at home. It makes it so much more fun to know that there are so many others doing the same things, too.

Only a little vacation left. Are you glad or sorry? I guess I am a little of each. My sister Helen, who is six, will start this fall. We go to the school in town because it is the same distance as the country school and we get lots more rides to town. We don't have hot lunches in our school because most of the children go home at noon, but we have thermos bottles in our lunch boxes and we can have hot soup or cocoa and it tastes awfully good, too.

Then we have little glass jars (that hold about half a cup) with screw tops and in these we take salad or fruit gelatin or sauce for dessert. In September I'll tell you about some good sandwiches for your school lunch.

Betty

### YOU WILL NEED A HOT OVEN FOR BAKING THESE RECIPES

#### A Nice Fruit Pudding

In August when the apples are ripe and there are lots of them I like to make this pudding with apples.

First, I butter a small baking dish and then I peel and core a good apple and slice it in thin slices. These slices I put in cold water into which I have put a little salt. I do this to keep the apples from getting all dark brown as they would if they stood uncovered while I was getting the rest of my pudding ready. Then I get ready:

$\frac{1}{2}$  egg beaten  
2 tablespoons melted butter  
 $2\frac{1}{2}$  tablespoons milk  
 $\frac{1}{4}$  teaspoon vanilla

These I mix well in a bowl. Next I measure into another bowl the dry things:

$\frac{1}{4}$  cup sugar  
Few grains of salt  
 $\frac{3}{4}$  teaspoon baking powder  
 $\frac{1}{2}$  cup flour, sifted

Then I put the two, the dry and the liquid together and beat well with my spoon.

When I have this, which I call my batter or dough, ready I put the slices of apple neatly in the bottom of the buttered baking dish. I sprinkle the apples thickly with sugar (and a little cinnamon if you like it) and then I pour the batter or dough over and spread it smoothly. Now it is ready to bake in a rather hot oven.

It takes about 30 minutes to cook the apples and dough well and I test it with a toothpick before I take it out of the oven. You know how mother does. If the pick comes out sticky, it isn't done. If not sticky, it's all done.

#### To Serve the Pudding

I turn my pudding upside down on a small plate or saucer. Plain cream or whipped cream tastes very good with it.

Peaches are awfully good instead of apples and I always wish I could pick all I wanted off the trees like some of the little cooks can who live farther south. In the winter I sometimes make this with crushed pineapple. It's good. For that I put a thicker layer of butter on the baking dish and on this I sprinkle brown sugar quite thickly. Then comes the layer of pineapple and the batter just as before.



#### Family Sized Recipe (For Six)

Six apples and 1 cup sugar  
2 eggs beaten  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  cup melted butter  
1 teaspoon vanilla

#### Dry Materials:

2 cups flour, sifted with baking powder  
3 teaspoons baking powder  
1 cup sugar  
 $\frac{1}{4}$  teaspoon salt

#### Stuffed Tomato

While you have lots of ripe tomatoes, wouldn't you like to make stuffed baked tomato? This is the way I do it:

First of all I see that the oven will be quite hot. Then I choose a nice, smooth, round tomato, quite a large one. I wash and wipe it carefully and cut a little hole in the top. Then with a small spoon I scoop out the inside. I have to do this real carefully or I will break the tomato and then I should have to start with a new tomato. When I have the centre of the tomato all out and put in a bowl, I add:

3 tablespoons of cracker or bread crumbs made very fine  
1 teaspoon of melted butter  
 $\frac{1}{6}$  teaspoon salt  
Few grains of pepper  
1 teaspoon of sugar (if you like sugar on cooked tomato)

I stir all this well with the tomato pulp that I took out.

Now I am ready to stuff my tomato. I put it all in my hollow tomato, heaping it up well, if I have enough stuffing. Then I place my tomato in a small baking dish and bake it until it is all soft, but not until it gets so soft that it falls all to pieces because I want it to look pretty as well as taste good. When I serve it I put a sprig of parsley in the top that just finishes it up fine.

Sometimes I add finely chopped cold ham to the stuffing or cold hamburger or ground cold beefsteak, but when I add meat I do not put in sugar. Cold sweet corn can be put in this stuffing if you like.

#### Stuffing For Six Tomatoes

1 cup soft fine bread crumbs  
2 tablespoons melted butter  
1 teaspoon salt  
2 tablespoons sugar, if liked  
Pinch of pepper  
(Use about 1 cup chopped cooked meat if you like and no sugar)

#### Chocolate Drop Cookies

##### Small Recipe

$\frac{1}{4}$  cup of brown sugar  
2 tablespoons of melted shortening  
2 tablespoons milk  
6 tablespoons flour  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{4}$  teaspoon vanilla  
 $\frac{1}{2}$  square chocolate, melted  
2 tablespoons nut meats, chopped or cut fine.  
 $\frac{1}{2}$  egg beaten well (an egg yolk may be used if desired).  
Pinch of salt

##### Large Recipe

1 cup brown sugar (white will do)  
 $\frac{1}{2}$  cup shortening, melted  
 $\frac{1}{2}$  cup milk  
2 eggs well beaten or 4 yolks  
 $1\frac{1}{2}$  cups flour  
1 teaspoon soda  
2 squares chocolate  
1 cup nuts chopped or cut fine  
1 teaspoon vanilla  
 $\frac{1}{4}$  teaspoon salt

First of all, I put the chocolate to melt in a small dish set into the top of the teakettle. Then I put the  $\frac{1}{2}$  egg I need into a bowl and beat very light. Next I add the sugar and stir well. When this is done, I add melted shortening, melted chocolate, vanilla, salt, milk and beat more. Then I sift some flour and measure out what I need. I sift this flour with the soda and add to the other things in the bowl. I stir the flour in well and beat with my spoon till it is all smooth. My cookies are all made now except for the nuts which I add last. (You really don't need the nuts but they taste good if you have some to use.)

Grease a cookie pan real well and then drop the cookie dough by spoonfuls. I know you have often watched your mother doing this and will know how much to drop for each cookie and how far apart they should be.

Bake in an oven that is neither very hot nor very slow.

This little recipe makes a plate of cookies for supper. When you can make them nicely, mother will let you try the big recipe and when you want something 'specially fine you will like to frost these cookies with cocoa frosting.

#### Cocoa Frosting

##### For Big Recipe

2 cups powdered sugar  
1 tablespoon grated orange rind and 1 tablespoon of orange juice

4 tablespoons cocoa  
Cream enough to moisten the mixture just so it will spread well (about 3 tablespoons). Mix this until it is smooth and creamy and then frost the cookies with the frosting.

Orange rind may be left out if you wish.

Betty's Scrap Book of Little Recipes, Containing Lessons One to Six may be obtained by sending 15 Cents to Betty, c/o The Nor'-West Farmer and Farm & Home, Winnipeg, Manitoba.



# Little Recipes for Little Cooks

## Lesson No. 8

### Dear Little Cooks:

Lots of you have started to school by this time. I have been going for two weeks now. My sister Helen started this fall and we had to get her a new lunch box. Mother helped her pick a gay tin one because she said we could wash and scald out a tin one every day and keep it clean and sweet. You know, some kinds are made of stuff that soaks up smells and dampness, and a lunch can't taste good packed in a musty box. The box we got had tiny holes to let a little fresh air in, and that helps to keep the box sweet smelling.

We bought some paper napkins, too, because they help keep school children neat. Our new box had a vacuum bottle, too, for hot drinks, etc.

Teachers have found out, mother says, that pupils can do better school work in the afternoon if they have a hot lunch at noon.

Cocoa, picnic eggs, Yum Yum pudding, chocolate drop cookies, custards, baked apples—are all good for a school lunch, and we have had all of these in our little recipes. This time I am going to tell you of some good sandwiches and in October there will be a good hot soup for you to try.

Mother doesn't believe that little folks should have to put up their own lunch all the time, but she thinks that they could help some without getting tired of school lunches.

Betty



Here is Betty with her lunch box leaving the front door on her way to school. This lesson tells how she often helps prepare her own lunches.

## Some Good Sandwiches You Can Make

Bread should be a day old for sandwiches and should be cut neatly and evenly, in thin slices. Butter should be warmed slightly and creamed with a spoon so that it can be spread smoothly and easily. There are just lots and lots of good filling for sandwiches. See how many different kinds you can make this year. Spread the filling on only one slice of your buttered bread.

### Some Good Fillings

Cold roast or boiled meat or chicken. Slice thin, arrange slices on one side of the sandwich, sprinkle with a bit of salt.

Cold chopped or ground meat may be seasoned with salad dressing and used as a spread.

Cottage cheese is good alone or mixed with chopped pickles or chopped stuffed olives.

Cottage cheese and nuts make a very nice sandwich spread.

Raisins or dates chopped with nuts are good, too.

Hard-boiled eggs may be chopped and mixed with a very little salad dressing. Chopped pickles are good with egg.

Fish is a fine change sometimes. Use a little salmon or tuna fish or a few sardines and a sprinkle of salt or moisten with salad dressing and add pickles.

Too many pickles aren't good for anybody, but a little does help make a sandwich taste better.

Of course, you all know how good jelly or jam is as a filling.

Fillings for sandwiches should not be too moist as the bread becomes too moist to taste well after they stand a while.

Sandwiches should always be wrapped in waxed paper. I save all that comes on cooked breakfast foods and fold it neatly and put it away for picnics and school lunches.

## Little Cooks Can Prepare Their Own Lunch For School

Have mother fix out a list of the things for your lunches a week ahead of time. Then prepare some of them for yourself. They will taste just that much better when you know you have made the lunch yourself.

The first thing you will want to learn is how to pack the lunch box. Soft food, like cooked fruit, jellies and puddings should be placed in the covered glasses or custard cups. Plan the box so the things you want first are on top. Your napkin should be on top, of course, and the food below in the order in which you will reach for it when you are ready to eat. Put the sandwiches under the napkin and the dishes below the sandwiches to avoid messing things. If you wrap separately each of the things you put in the box, you will find them as nice as when you put them there. Be sure to have a spoon, a cup for drinking, and a little salt shaker if you need it.

## Betty's Scrapbook

Now has seven lessons in it—and here is Number Eight! It sure is a fine book now! If you have not seen one send 15 cents for one (with all the previous lessons) to Betty, c/o The Nor'-West Farmer and Farm & Home, Winnipeg.

by

Betty

## Two Good Kinds of Bread That Make School Lunches Taste So Good

Mother knows that we get tired of just white bread all of the time, so she has taught me how to make two other kinds. It's lots of fun and not nearly as hard as you think. Why don't you try them, too?

### Nut Bread

3 tablespoons sugar.  
1 teaspoon baking powder.  
Pinch of salt.  
1 cup flour.  
 $\frac{1}{2}$  cup milk.  
 $\frac{1}{8}$  cup nuts and dates cut rather fine.  
 $\frac{1}{2}$  beaten egg.

Sift sugar, flour, baking powder and salt together. Add nuts and dates.

In another bowl beat the egg and add the milk. Add this to the dry things in the other bowl and stir until they are well mixed.

Pour this batter into a well-greased bread tin (small) and put it in a warm place to raise for 25 minutes.

Bake in a hot oven for about 30 minutes.

This small recipe will make several delicious nut bread sandwiches. They are best just spread with butter. Just nuts are good in this bread if you do not have dates.

### Large Recipe

$\frac{3}{4}$  cup sugar.  
4 teaspoons baking powder.  
 $\frac{1}{2}$  teaspoon salt.  
4 cups flour.  
 $1\frac{1}{2}$  cups dates and nuts.  
2 eggs.  
2 cups milk.  
Bake in a large bread tin.

Let raise for 25 minutes in a warm place and bake in a hot oven 45 minutes.

### Brown Bread

$\frac{1}{2}$  egg or 1 tablespoon beaten egg.  
 $\frac{1}{2}$  cup sour milk.  
 $\frac{1}{4}$  teaspoon salt.  
2 tablespoons brown sugar.  
2 tablespoons molasses.  
 $\frac{1}{4}$  teaspoon soda dissolved in a spoonful of warm water.  
 $\frac{1}{2}$  cup plus 2 tablespoons graham flour.  
2 tablespoons flour, white.  
 $\frac{1}{2}$  teaspoon baking powder sifted in flour.  
 $\frac{1}{4}$  cup cooked raisins.

First see that the oven will be warm, not hot. Put the raisins to cook in water enough to cover, and cook till they are soft and puffy. Drain off the water before adding the raisins to the batter.

Put all the things given together in the order they are given. Only add the raisins to the flour before you put in the flour. When you have done this, pour it in a well-greased bread tin (a one-loaf tin) and let raise one hour. Then bake in a slow oven for 45 minutes.

This is a recipe that my mother got from one of the best cooks in our town and is nice for party sandwiches as well as just awfully good for your school lunch. Try it.

### Large Recipe

$\frac{1}{2}$  egg beaten.  
1 cup sour milk.  
 $\frac{1}{4}$  cup brown sugar.  
 $\frac{1}{4}$  cup molasses.  
 $\frac{1}{4}$  teaspoon soda dissolved in a spoon of water.  
 $1\frac{1}{4}$  cups graham flour.  
 $\frac{1}{4}$  cup white flour.  
 $\frac{1}{2}$  teaspoon salt.  
 $\frac{1}{4}$  cup cooked raisins (added to flour).



# Little Recipes for Little Cooks

## Lesson No. 9

### Dear Little Cooks:

*Aren't you glad when Thanksgiving Day comes that you are a little cook? Seems to me it would be just awful to have so much good cooking going on and not be able to have a little share. Mother says I can make cranberry relish for our dinner this year so I am practising up. I am going to tell you how to. It's just as easy!*

*Love to all little cooks,  
BETTY*

### Cranberry Relish

Take 1 quart of good cranberries. Pick out any that seem to be poor. Wash the good ones well. Then get mother to show you how to fix the food chopper with the medium knife. Before you start to put the cranberries through, it is a good plan to put some dish or pan under the chopper because the berries are juicy and the juice is pretty sure to run down on the floor if there isn't something there to catch it.

Have a dish, one that will fit under the chopper, to catch the cranberries as they come through. When you have all the berries ground, measure what you have and add as much sugar as you have cranberries. That's really all there is to the relish except that it tastes better if it is made the day before it is eaten because the sugar and juice have time to get well mixed.

This tastes awfully good with meats, especially chicken or turkey or roast pork. Ask your mother to let you try it. Of course, you've turned the food chopper often for your mother and know that fingers really shouldn't go through the chopper. So keep the fingers out!

### Popcorn Balls

Somehow when the cooler weather comes everybody seems to like popcorn, and popcorn balls are even better.

This is how I make them (real often on Sunday afternoon):

First I pop a good big pan of corn and I am real careful to take out all the "old maids," that is, the hard ones that didn't pop.

Then I use a molasses candy recipe to pour over the corn to stick it together so we can make it into balls. Here is the recipe:

1/3 cup molasses  
1 teaspoon vanilla  
1 cup of sugar  
1/3 cup boiling water  
1 tablespoon vinegar  
1/6 teaspoon cream of tartar  
1 tablespoon of melted butter  
Very small pinch of soda

Put the molasses, sugar, water and vinegar in the kettle and put the kettle on the stove where the candy will boil. But do be careful or it will boil over! You know what a smell and what a



Betty grinds the cranberries for the relish. Notice that she is careful not to get her fingers into the grinder

by

*Betty*

## Here's Your Chance to Help Mother with the Thanksgiving Dinner

### Apple Sauce Cake

Eggs might be scarce in November and so maybe mother will shake her head when you ask to make a cake. Here's a good scheme; tell her you have a recipe for an apple sauce cake that doesn't take any eggs. It tastes good and she will be glad to let you bake it because it will save eggs for her to use in the pumpkin pie for Thanksgiving.

Small Recipe	Large Recipe
3/4 cup sugar	1 cup sugar
1/3 cup sour apple sauce quite thick	1 1/2 cups apple sauce thick and sour
3/4 teaspoon cinnamon	1 tablespoon cinnamon
3/4 teaspoon cloves	1/2 tablespoon cloves
1/2 teaspoon soda	2 teaspoons soda
1/2 cup plus 2 tablespoons flour	2 1/2 cups flour
2 tablespoons melted butter	1/2 cup butter, melted
1/4 cup raisins, cooked	1 cup raisins, cooked

For this I use left-over apple sauce (unless it is very sweet). Or I cook enough apples, without sugar, to make what I need of thick sauce.

I put the apple sauce in the bowl and add sugar, spices, and butter. I cook the raisins until they are puffy just as for brown bread and drain off the water, sift flour and soda together and add raisins. Then I add this to the other things in the bowl and beat well.

I grease a single bread tin well and pour in the cake batter. It should bake 45 minutes in a rather slow oven.

### Send Me Some Snaps

October will be a busy month for Little Cooks with Thanksgiving and Hallowe'en both in the same month. Thanksgiving is earlier than usual, coming on October 12, instead of the week of November 11, as it has every year since the Great War.

I have a Hallowe'en lesson already so it will have to appear in the October 20 number, making two lessons in October. After that there is the Christmas lesson with lots of Candy Recipes which will come to you in the December 5 number, so I will have to look up something new for November. If some of you little cooks will send snapshots of yourselves probably we can make up a page of "Pictures of Little Cooks" for the November 5 issue.

*Betty*

P.S. My Scrapbooks are still 15 cents a copy. They include all back lessons. Send money to Betty, c/o The Nor'-West Farmer and Farm & Home, Winnipeg, Canada.

### What To Do For Burns

Even grown-up cooks sometimes burn themselves and little cooks are pretty sure to unless they are very careful. Plenty of nice thick holders are a great help. Perhaps little cooks will like to make some of their very own from some pretty scraps of material mother doesn't need.

Do you know what to do when you have burned yourself and it is burning so? Common baking soda wet with a very little cold water is a great relief put over the burn to stop the pain. A thick coat of vaseline over the burn is also good. A bandage of soft clean material will help to keep the burn clean and protected.

this I drop a spoonful of the hot candy. If it runs all around in the water or only makes a soft ball, it needs to boil longer, but if it makes a hard ball of candy that you can take up in your fingers it is done.

Now I add the butter, soda and vanilla. Then I pour the hot candy over the corn and stir so it goes all down through. Then I wait a minute for it to cool enough so I can hold it without burning myself. I butter my hands well so the balls won't stick and I also get a clean platter ready to hold the balls.

As soon as I can, I begin to shape it into balls and I work as fast as ever I can because after the candy cools too much it won't stick well. It is a good plan to have two people make the balls so it will be done quicker.

If you want to try this for molasses taffy, cook it just the same only pour it on buttered pans and cool enough to handle. Pull it until it is so hard you can't pull it any more. Pull it out in long sticks and cut with a clean scissors.





# Little Recipes for Little Cooks

by

Betty

## Dear Little Cooks:

October brings Hallowe'en, and that's fun, isn't it? Hearing about ghosts and witches and goblins and black cats and jack o' lanterns always gets me so excited. We make jack o' lanterns and as soon as it's dark we light them and go over to scare grandma and grandpa. Then after awhile we go in and sit with them in front of their fireplace and talk over the fun. Sometimes my cousins bring down their lanterns to scare us. We decorate with the Hallowe'en things we make at school and make a tiny jack o' lantern of a very small pumpkin for the table so it seems sort of party-like.

So this time I am going to send a recipe for the little Hallowe'en cakes we like to make for our parties in October

With love to all the little cooks,

Betty



## Lesson No. 10

Then I add the soda to the hot tomato, stirring it in well. Mother says we add soda so the soup won't curdle when we mix sour tomato with the white sauce. She says we only add a very little soda because soda destroys a very important and valuable part of the food value of the tomato if much is used. She calls it the vitamins. I s'pose your mother will understand what she means by that. Vitamin is a pretty big word for us little cooks to understand, I think.

Well, I almost forgot what we were doing, didn't you? But really I guess we had added the soda to the tomato and are ready to mix tomato and white sauce. I add tomato to white sauce, slowly stirring all the time. When it is all smooth and hot, I serve it in a warm soup plate. A clean sprig of parsley set on top makes it look pretty on the table.

Perhaps you will want to serve crackers with it, but you might like to try croutons instead. They are very good, and such a good way to use up stale bread.

For croutons I take a slice of dry bread and butter it well. Then I cut it into cubes about an inch square. Then I slip it into the oven to brown. Plain cold toast can be buttered, cut in cubes, and warmed in the oven. Serve these hot with the soup instead of crackers.

## Larger Recipe for Six

4 cups white sauce (4 cups milk,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  flour, salt and pepper).  
2 cups stewed tomatoes put through the strainer.  
 $\frac{1}{4}$  teaspoon soda.  
 $\frac{1}{8}$  teaspoon pepper.  
Salt to taste.

## Hallowe'en Cakes

Use a good cake recipe and bake the batter in gem pans. Fill the gem pans two-thirds full. Frost with a powdered sugar icing made yellow with egg yolk, orange rind, and juice.

Then take a little chocolate and melt it. This will be just the thing to use to put faces on the Hallowe'en cakes. I use a new water color paint brush or a tooth pick to put the chocolate faces on with, and I try to make them look like jack o' lantern faces. I hope you all have lots of fun this Hallowe'en with these little cakes. Here is the cake recipe I use:

(Recipe makes 5 or 6 cakes)

1 egg white, beaten stiff.  
 $1\frac{1}{4}$  tablespoons butter.  
 $\frac{1}{2}$  cup sugar.  
 $2\frac{3}{4}$  tablespoons milk.  
 $\frac{1}{2}$  cup plus  $1\frac{1}{2}$  tablespoons flour, sifted once before measuring.  
 $\frac{1}{2}$  teaspoon vanilla.  
1 teaspoon baking powder.

First I see that the oven will be hot, but not so very hot for this cake needs only a medium oven. Then I warm just a little the bowl I am going to use (unless the weather is very warm).

Next I measure out the butter and work it in the bowl with a spoon till it is soft and creamy. Then I add the sugar a little at a time and stir it a good deal each time to be sure it keeps smooth and creamy. When all the sugar is in, I add vanilla. Then I measure the milk and sift and measure the flour. I add the baking powder to the flour and sift the two together again.

Then I add a little milk and stir and then a little flour and beat some more. Then I add a little more milk and then more flour till I have it all in. Each time I add, I beat well. Mother says that the beating makes a light, fine-grained cake.

I beat the egg-white very stiff and add that, but I do not beat my cake hard after I have the egg-white added. I fold that in gently. Now my cake is ready for the greased cake pans. Bake little cakes about 20 minutes.

This cake is nice baked in a loaf cake pan. It takes a little longer to bake in a large tin, though.

## Large Recipe

$\frac{1}{2}$  cup butter.  
1 cup sugar.  
 $\frac{1}{2}$  cup milk.  
 $1\frac{1}{4}$  cups flour.  
 $2\frac{1}{2}$  teaspoons baking powder.  
3 egg whites.  
1 teaspoon vanilla.

Pastry flour makes a finer, more delicate cake than bread flour.

## Frosting for Small Recipe

$\frac{1}{2}$  cup powdered sugar.  
 $\frac{1}{4}$  tbs. orange rind.  
 $\frac{1}{4}$  egg yolk.  
Orange juice to moisten.  
Lemon rind and juice would do very well instead.

## Frosting for Large Recipe

2 cups powdered sugar.  
1 tablespoon orange rind, grated.  
1 egg yolk.  
Orange juice to moisten enough to spread well.

## Hot Tomato Soup Is Good

I just love cream of tomato soup, and so I make it for supper and to fill my thermos bottle that I take to school in my lunch box in cool weather.

## Tomato Soup

$\frac{1}{2}$  cup of stewed tomatoes.  
1 cup white sauce using  
2 tablespoons butter.  
2 tablespoons flour.  
 $\frac{1}{4}$  teaspoon salt.  
1 cup milk.

Follow the directions for making white sauce given in Lesson No. 3.

A small pinch of soda.  
 $\frac{1}{4}$  slice of onion if you like it.  
 $\frac{1}{4}$  teaspoon sugar.  
Few grains of pepper.

First I put the cooked tomato through a strainer, rubbing all the tomato through I can with a spoon. Then I add sugar, pepper, onion, to the tomato and heat it. While this is heating I make the white sauce (or gravy). If you have practiced on this and can make it real nice and creamy, this recipe will be an easy one for you.



Betty and her two sisters compare the Jack o' Lantern faces on their Hallowe'en Cakes. It's great fun to see who gets the funniest one.

## Betty's Scrapbook

Now has twelve lessons in it. It sure is some nice book now! If you have not filled one send 15 cents for one (with all the previous lessons) to Betty c/o Nor'-West Farmer and Farm & Home, Winnipeg, Canada.





# Little Recipes for Little Cooks

by

Betty



## Um-m-m, Let's Have Some Pancakes for Supper

Lesson No. 12

Here is Lesson No. 12, completing the first year of Little Recipes for Little Cooks. Thousands of the scrapbooks have been sent this year to Little Betty's friends everywhere. More are asking for them and learning to use her little recipes all the time. Next month begins the second year's series of little recipes, Lesson No. 13. Mothers will find that the small amount of time and materials which these recipes call for, will more than repay them by the interest which little cooks take in Betty's recipes.

### Little Pigs in a Blanket

While the weather is cool is just the time, so mother says, to give you my recipe for "Little Pigs in a Blanket." It's just the thing for supper on a cold night when everybody is simply starved after a long day at school.

First I take a large pork chop or a nice piece of pork steak (about the size for one person) and I put this meat in a baking dish and sprinkle the meat with a little salt. Then I take one large or two small slices of dry bread and break into small pieces in a bowl. I add  $\frac{1}{2}$  tablespoon of butter,  $\frac{1}{8}$  teaspoon of salt, a pinch of pepper and  $\frac{1}{4}$  teaspoon of sage.

If you like onion in dressing, you will want to add a sliver or two of onion, too. Then I pour on just enough hot water to moisten the dry bread. I can't tell you just how much to use because if the bread is very hard and dry it takes more. But the bread must not get really wet or sloppy, so be careful to add water slowly.

I take a spoon and stir all this mixture well and then I put the dressing (maybe you say stuffing, I do too) on top of the pork chop neatly, and there is the little pig all in his blanket ready to bake in a hot oven till the meat is done. It needs to bake an hour and a half.

Fried apples are exactly the right thing to go with this nice dish, so I take a good sound apple and wash it and core it, but I don't peel it. Then I slice it in nice, even slices crosswise the apple, about four slices unless it's a very large apple.

I take a small frying pan and melt a little butter or bacon fat to cover the bottom of the pan. Then I put in the slices of apple and sprinkle them with a little sugar and cinnamon and cook them over a slow fire until tender.

When my little pig is done I place him, very carefully, on a plate or platter, and then to dress him up a little more I put the slices of apple around the outside. This makes a meal for any hungry little cook.

When I make this for the whole family, I take as many chops as I need and make more dressing. For

six slices of bread I would need about 1 teaspoon of salt, 3 tablespoons butter,  $1\frac{1}{2}$  teaspoon sage,  $\frac{1}{8}$  teaspoon pepper and onion to suit the taste.

### Ice Box Cookies

So many of you wrote and said you liked the chocolate drop cookies so well that I want to give you another cookie recipe so you can keep mother's cookie jar full for her. The one I am giving this time is for ice-box cookies. They are the rich, crispy, crunchy kind everybody likes.

Mother says when little cooks try mother's recipe for cream cookies or other rich rolled cookies they usually add so much flour (so the dough won't stick) that the cookies come out thick and like biscuit and not at all like mother's. Maybe even mother doesn't know that most any rich cookie recipe can be made the ice-box way. It saves time for even grown-ups to do them that way, and little cooks can get lots better results, mother says.

This is the way to make them:

#### Small Recipe

$\frac{1}{4}$  cup butter.  
2 tablespoons brown sugar.  
2 tablespoons white sugar.  
 $\frac{1}{2}$  small egg or  $\frac{1}{4}$  of large one.  
 $\frac{1}{8}$  teaspoon soda.  
Pinch of salt.  
 $\frac{3}{4}$  cup plus 1 tablespoon flour.  
 $\frac{1}{4}$  teaspoon cinnamon.  
2 tablespoons nuts.

First I measure the butter (or lard or whatever shortening I use), put it in my mixing bowl and beat it with a spoon until it is soft and creamy. Then I add the sugar and stir that in well. Next I beat the egg well with the egg beater and add that.

Then I measure the flour, salt, soda, cinnamon and sift them, altogether, into the bowl. It takes quite a while to mix in all the flour with the spoon, because it makes a very stiff dough, so sometimes with the large recipe I wash my hands very clean and mix it all smooth with my fingers. Then I add the nuts, broken up, but not too fine.

When the dough is smooth, I form it into a roll or I pack it into a small, deep one-loaf bread or cake tin. I set it where it will get very cold and then I slice it in thin slices and bake in a cookie pan in a moderate oven.

#### Full Size Recipe

1 cup butter or other shortening.  
 $\frac{1}{2}$  cup brown sugar.  
 $\frac{1}{2}$  cup white sugar.  
1  $\frac{1}{2}$  eggs.  
 $\frac{1}{2}$  teaspoon soda.  
 $\frac{1}{4}$  teaspoon salt.  
1 teaspoon cinnamon.  
 $\frac{3}{4}$  cups flour.  
 $\frac{1}{2}$  cup nut meats broken.

Be sure to try each of these little recipes, and next month I have some others that you will like especially well I know. I hope all the little cooks who haven't one of my scrapbooks now will send for one this month so that we can all start keeping our recipes from the beginning of the year. Address

Betty

### Dear Little Cooks:

First of all, I want to wish you all a very Happy New Year. I cannot tell you just how happy it has made me to send you my little recipes during this last year. If you have had as much fun as I have with them I know that we are going to enjoy ourselves all this year, too. Right now, when it is so cold outdoors I think there is nothing so much fun as learning to use the new little recipes mother has prepared for me. I am sending them to you now because I am sure you will like them.

### Pancakes

Pancakes for supper or for breakfast are pretty sure to make a hit. Of course, they aren't just the best thing to eat a lot of, so mother always sees that we eat our cereal and milk first and then it doesn't take so many cakes to fill us up. Daddies like pancakes, you know, so I thought I had better learn how to make them.

This is what I use and the way I do it:

#### Small Recipe

1 tablespoon beaten egg.  
 $\frac{1}{2}$  cup sour milk.  
Pinch of salt.  
 $\frac{1}{2}$  cup and 2 tablespoons flour.  
 $\frac{1}{4}$  teaspoon soda.

Beat the egg and measure out 1 tablespoon. Put this into a mixing bowl. Add the sour milk. Sift and measure the flour and add soda and salt. Sift these into the egg and sour milk. Beat well with your spoon.

While I mix the pancake batter, I have the pancake griddle heating on the stove. Ours is the kind that doesn't need to be greased, but if you have one that does you will know just how your mother does it.

I drop a spoonful for each cake. If I try to make them too big they are harder to turn nicely, so I learned that for little cooks small ones work best, and anyway they are lots cuter.

When they are all puffed, full of bubbles and cooked around the edges, I turn them. When browned on both sides, I serve them very hot, with syrup.

#### Large Recipe

1 egg.  
2 cups sour milk.  
 $\frac{1}{4}$  teaspoon salt.  
 $2\frac{1}{2}$  cups flour.  
1 teaspoon soda.

Many mothers have written and said they use these large recipes, and it makes me happy and I try all the more to please you all.

### NEW YEAR'S RESOLUTIONS FOR LITTLE COOKS

To read each recipe all through carefully before beginning to use it.

To wash my hands well before I do any cooking.

To measure carefully and see that all measures are level.

To put away materials when I am done, and wash up all the dishes I used.

To keep my little recipes from BETTY carefully filed away in my scrapbook. (If you haven't already received your scrapbook why not resolve right now to save the next 15 pennies you get and send them to BETTY, c/o Nor-West Farmer and Farm & Home, Winnipeg, Man, for one? The first twelve lessons, you know, are already in it, so you don't have to worry about not having saved them.)



# Little Recipes for Little Cooks

by

Betty

February Lesson  
Number 13



## Dear Little Cooks:

Do you all expect valentines! I do. If I can I send one to each boy and girl in my grade so every one will get one valentine. Perhaps you will be so busy making valentines that you won't have time to try my recipes, but I hope not.

One day, lately, when I got home from school there was the most delicious smell in our kitchen. Ummm-m-m-m-m!! I thought, "I wonder what mother is baking, something good I know." So I just stayed around till mother opened the oven door. She took out the best looking, spicy brown cookies all kind of bumpy with raisins and nuts inside. Mother said, "Try one," and she didn't need to tease me. Right after the first taste I asked if I could have the recipe for the little cooks, and here it is.

## Old Fashioned Cookies or Grandma Cookies

### Small Recipe (12 Cookies)

- 1/4 cup or 4 tablespoons shortening
- 1/2 cup brown sugar
- 1/2 egg (or either 1 white or 1 yolk)
- 2 tablespoons cold left-over coffee
- 3/4 cup plus 2 tablespoons flour
- 1/4 teaspoon soda
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Pinch salt
- 1/4 cup raisins
- 2 tablespoons nut meats, broken up

Measure and put shortening in a mixing bowl. Stir and beat with a large spoon till it is all creamy. Add the sugar and stir again till smooth. Add beaten egg and coffee and stir them in. Sift flour once and measure what you need. To this flour add spice, salt and soda and sift all together into the bowl. Add raisins and nuts on top of the flour and then stir all these well. You will need to stir a lot for it makes a stiff dough and it must be mixed well.

Grease a cookie pan and drop the dough, as you did for chocolate drop cookies, by the teaspoonful and about 1 1/2 inches apart. Bake in a medium oven till brown or about 20 minutes.

### Large Recipe

- 1 cup shortening
- 2 cups brown sugar
- 2 eggs
- 1/2 cup cold coffee
- 3 1/2 cups flour
- 1 cup raisins
- 1/2 cup nut meats, broken
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon soda
- 1 teaspoon salt

## Hamburger with Kidney Beans

Last month we had a nice meat recipe. I hope you tried it. This month we're going to have another because farm folks seem to have more meat on hand in the winter time and we eat more when it is cool too.

- 2 pounds of beef from the round or flank, ground
- 1 onion, cut fine
- 2 tablespoons catsup
- 1 medium can of kidney beans
- 1/2 teaspoon Worcestershire sauce
- Fat for browning the meat. Use meat drippings
- Salt and pepper to taste

Put the meat fat or drippings in a frying pan and heat. Add the hamburger and brown. Stir to keep the meat from sticking. Add the onion, salt, catsup and Worcestershire sauce. Cover with hot water and



Betty thinks it's great fun to use the egg-beater. She couldn't make it work smoothly when she first tried because she didn't hold it steadily nor turn the handle evenly. But after she had practised awhile she could whip cream and beat eggs to a nice fluffiness almost as easily as mother.

simmer (this means cooking very slowly) for 20 minutes. Add the beans and cook until thick. Add pepper and serve hot with mashed potatoes or baked potatoes.

## Butterscotch Rice

Mother says it's a shame to abuse a good food, the way lots of people do rice, by cooking it so poorly. She thinks every little cook should know how to cook rice so it comes to the table all white and puffy and light looking. I've seen it so dark and heavy and sticky looking sometimes, haven't you? I've heard that the Chinese cook rice better than other people do. I suppose that is because they eat it so much. The recipe I am giving you is a good one. The rice cooked this way can be used in many ways besides for butterscotch rice.

Heat 1 quart of water to the boiling point. While this is heating, pick over and wash 1/4 cup of rice. Use a lot of cold water for washing the rice and rub the kernels between your fingers well. Strain off water through sieve.

Put 3/4 teaspoon of salt in the boiling water and add the rice slowly so the water does not stop boiling. Keep it boiling hard for 25 minutes. Then take out a kernel or two and test them to see if they are cooked. If you can rub them to a smooth paste between your fingers, it is done, but if there is a hard bit in the centre, it must cook longer. If water boils away add more boiling water.

Just think of it! With this lesson we begin the second year of Little Recipes for Little Cooks. Betty's recipes are now kept by thousands of little cooks and it makes her very happy to know that so many little folks like her scrapbooks. It's great fun to learn to cook with these little recipes and useful to mothers, too, for many little cooks are now able to make good things to eat that all the family enjoys. This year's lessons will be jammed full of new ideas and recipes for you. Don't miss a single one. Be sure to keep them all carefully pasted in your scrapbook every month.

When the rice is done, take it off the stove and pour it into a wire strainer to drain off the water. Then pour a quart of boiling water over it to make every kernel separate and fluffy. Set in a hot oven for a moment.

Serve this at once. It is good with sugar and cream, but for butterscotch rice put dots of butter and a thick sprinkling of brown sugar over it.

Butterscotch rice is a good supper dish.

### Large Recipe

- 1 cup rice
- 3 teaspoons salt
- 3 quarts boiling water

Water in which rice has boiled may be saved and used for soup by adding vegetable or meat for flavor or it may be used to starch fine thin clothes.

## Washing Dishes

Maybe you like to wash dishes. I'll have to admit that I really don't. One day when I didn't want to do the dishes I told mother I hated them and she told me a secret. She said she didn't care much for that job either, but that she thought it was lots more pleasant if you did it the right way. I said, "What difference does it make if the dishes get clean? It takes so long to stack them all just so and to scrape them all and everything."

Then mother told me that it really saves time after all to scrape and sort and pile the dishes neatly before you start washing. It helps a lot to have the sticky bowls and kettles soaking too.

So I learned to put all the glasses near the pan and the silver next and then the china next so that I won't be getting hold of things in the wrong order.

Mother says that someone who wanted to save work tried out ways of placing dishes for washing and discovered that if you are right-handed it saves motions to place the dirty dishes at the right side of the dish pan. Then you take a dish up, put it in the pan, wash it and place it in the rinse pan to the left with the left hand.

Then it makes dish washing lots nicer if there is plenty of hot, soapy water, doesn't it? I like soap flakes best because they make the water soapy so quickly.

I like to rub the glasses till they shine. If I pile the china dishes in the dish drainer and pour lots of hot water over them and let them drain, they will almost dry themselves.

It pleases mothers so much, I've found, when little housekeepers wipe up the tables, put everything away, and slick up the kitchen.

If I put down a paper before I begin to bake, it saves me lots of cleaning up because I just gather up the paper and stick it in the stove, you see.

I hope all the little cooks try this second year to learn good housekeeping, too, in the way they wash up their dishes.



Good morning, Valentine,  
God bless you ever!  
If you'll be true to me  
I'll be true to thee.

Little Betty's Scrap Book  
containing the first twelve lessons will be  
sent to you postpaid if you send 15 cents  
c/o Betty, The Nor'-West Farmer and  
Farm & Home, Winnipeg.



# Little Recipes for Little Cooks

by *Betty*

## Lesson Number Twenty-Four

Dear Little Cooks:

This lesson makes two whole years of little recipes. How many of you have tried every recipe? Good for you, if you have! That makes quite a lot of good things to eat that you know how to make, doesn't it? Maybe you would like to plan a little party for your friends and get the lunch ready all yourself (or almost).

First, you will want to decide on a day and who you want to invite. Then invite your friends by calling them on the telephone or sending pretty written invitations.

A lot of lively games always make a party more fun, so think up some everyone will like to play.

Of course, the lunch is an awfully important part of all children's parties (I guess it is of grown-up ones, too!) so we mustn't forget to get that ready.

You really know how to make everything you need for a nice party lunch; sandwiches, cocoa, salad, cookies, cake, candy, etc., because we have had recipes for them all.

But maybe I can think of a few ways to help make it a little more fancy and party like. Here are a few things I like for my parties and I hope you will try them at your party.

Have a jolly time,  
BETTY.

P. S.—I almost forgot to tell you that in some places the little cooks have a club and some of these clubs want some party recipes for the little cooks' party they say they are going to have when they finish the 24 lessons.

Maybe you could have a party for little cooks and each one bring something for the lunch.

### Animal Sandwiches

First I bake a nice loaf of brown bread. I like to bake it in a pound baking powder can so as to have nice, round slices for my sandwiches. I cut thin slices and spread them with soft butter and then with sandwich filling, like cheese spread. Finely chopped walnuts mixed with salad dressing are fine, too. When I have a sandwich made, I take one of the fancy animal cookie cutters that I have and I cut out an animal from the top slice of my brown sandwich. I cut carefully so as not to cut the lower slice at all. I used a lion cutter so there is a lion-shaped hole in the top of my brown sandwich. I put the brown sandwich to one side and made a nice white sandwich from some white bread. Then I cut a lion from the top of the white sandwich.

Now comes the fun! I put the little brown lion I had cut into the hole in the top of the white sandwich and the white lion into the hole in the brown sandwich.

I made a lot of sandwiches using different cutters till I had a big platter of sandwiches that looked like a zoo or a circus—rabbits, ducks, horses, chicks, etc.

Heart-shaped cutters can be used this way to make fancy sandwiches for Valentine's Day.

### Chicken and Noodles

Here is a good recipe for a hot dish. Mother will be using it for her parties, too.

1 cup small, flat noodles, uncooked. 1 cup canned peas, drained.  
1½ cups cold, cooked chicken, cut 1 cup thin white sauce, or 1 cup  
fine. chicken gravy.  
2 tablespoons pimento, chopped fine.

#### For 1 Cup White Sauce

1 tablespoon flour 1 cup milk  
1 tablespoon butter Salt and pepper

I cook the noodles in plenty of boiling, salted water till they are tender. Drain the noodles when done. Butter a



Wouldn't it be Nice  
to Have a Party for  
Your Friends, Now?  
Here's How to Get  
the Lunch Ready  
All by Yourself.

some look silly. It all depends on how you stick in the raisins or nuts.

O, I almost forgot to tell you that cocoanut makes lovely hair on "funny faces!"

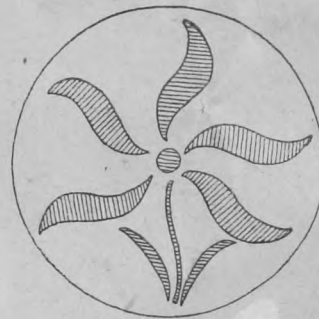
When the features are all stuck on and the candy is getting a little hard, it is time to loosen it around the edge. Take the faces out before they are real hard and have some fun shaping them into long faces, broad faces, pulling out big ears or a top knot or a long chin. A toothpick or a sucker stick can be stuck in on one side before the candy is hard and give a nice handle to hold the candy with. Place the "funny faces" on oiled paper to harden.

Peppermint, wintergreen, clove and cinnamon make good flavoring for these if you like something different from the usual vanilla or lemon.

A little coloring can be added to the syrup and sugar, too.

### Fancy Cakes

So many little cooks have written asking me to tell them ways of fixing up cakes for birthdays and other special times and I couldn't answer their letters, but now I am going to tell you all how I do it.



I think gum drops make just the easiest and prettiest kind of cake decoration for little cooks to use. Get nice, soft, bright colored ones and make flowers of them for your cake. With scissors I snip off a thin dot of yellow gum drop for the center of a little flower. Next I cut five slim pieces for petals of the flower. I arrange the petals around the yellow center and then all I need is a long green stem and a leaf or two.

Most any good cake recipe can be used and the "Seven Minute Frosting" can be spread on the cake. Yellow flowers and green leaves around the outside of a birthday cake and yellow birthday candles in the centre make a beautiful cake. Pink flowers, green leaves and pink candles are just as pretty.

For a party of children, it is nice to bake little cakes and frost each one. Put a little flower on the top of each one. Here's a secret, even grown-up folks like these pretty cakes at parties!

My! This page is nearly full and I haven't told you all I meant to. But all you little cooks know how to make cocoa for a good drink, and some fine cookies, too, if you think

you need them. Fruit jello is always good, so I am sure you'll have a wonderful lunch.

Dear "Little Cooks," I wish I could come to all your parties. You would invite me, wouldn't you? You have been so good to me these two years that I just know you would.

Have lots of fun at the party.

Love, *Betty*

baking dish. I put in a layer of noodles and then a layer of chicken, pimento, and peas. Then I add a layer of noodles and then another of chicken, peas, and pimento.

For White Sauce: I melt the butter in a saucepan and add the flour. When butter and flour are well mixed, I add milk and stir and cook slowly till the white sauce is smooth.

Then I pour the white sauce or gravy over the top, and I sprinkle fine, buttered bread crumbs or crushed cornflakes over it all and bake one hour in a hot oven.

I like tuna fish instead of chicken, sometimes.

### Funny Faces

Here is a new candy you are sure to want for the party. If there are only two or three invited, you could save making them for part of the party fun. But if there are many guests, mother will know that it might make too sticky a kitchen. Anyhow it is best to practise this recipe before you have company try it.

1 cup sugar  
½ cup corn syrup

½ cup water  
½ teaspoon flavoring

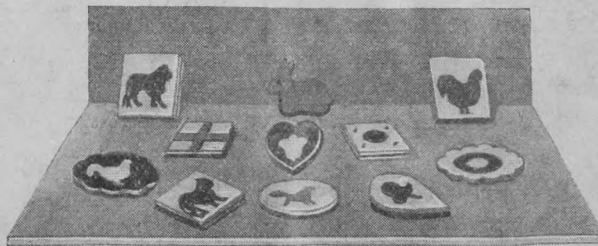
Take a saucepan and put into it the sugar, syrup, and water. Stir these together and put the pan on the stove. Cook without stirring until it is very thick. Drop a spoonful into a glass of very cold water. It will form a hard, brittle mass that will crack in your fingers if it is done.

While it cooks, get out the muffin tins and butter about eight of them well. If grains or crystals form around the sides of the pan, do not stir them down. If you cared to, you could wipe them off carefully with a damp cloth wound around the tines of a fork.

When the candy is done add flavoring, stir gently and just enough to mix in the flavoring. Pour hot candy into the muffin tins, putting just a thin layer in each. The candy should be about one-quarter inch thick.

While the hot candy cools, I make my "funny faces." I give them eyes and noses and mouths by pressing in raisins, bits of nuts, tiny slivers of gum drops, candied cherries, etc., to make different looking faces.

At our house even the grown-ups like to try making funny faces. Some look cross and some have grins and





# Little Recipes for Little Cooks

by

Betty

Lesson No. 11

Here are some candies and other goodies that mother will let you make for Christmas time

Dear Little Cooks:

*I really haven't time to write much this month: I'm too excited about Santa and Christmas trees, filling Christmas boxes and making delicious candies.*

*We have to send my Uncle Will's box this week to be sure it gets to him by Christmas. We fill that all full of goodies because he is a bachelor and hasn't any little cook to fix up good things for him. It always makes Christmas seem quite near when you send the first box, I think, and when boxes begin to come in the mail, isn't it fun?*

*I am going to send some candy recipes just as I promised I would. I hope you like them.*

*O yes, it is kind of early, but I do want to wish every little cook a MERRY, MERRY CHRISTMAS!*

BETTY.

## Stuffed Dates

For these I take as many dates as I think I will want (or as mother will let me have) and wipe them gently and carefully with a clean cloth which has been dipped in hot water. With a sharp paring knife I cut a slit in one side of each date and take out the stone.

After I have the dates all stoned, I stuff them. Into part of them I tuck a few shelled peanuts to fill the hole where the stone had been. Then I pinch the edges of the date together around the nuts. When the dates are all stuffed, I like to roll them in powdered sugar (or granulated) before I place them neatly on a clean plate ready to serve.

Almost any kind of nuts make a good filling for dates. Another nice filling, the one I like best, I think, is made of powdered sugar. I put a little powdered sugar in a small bowl and add just enough thin cream or egg white so that it can be made into little rolls, a little larger than the date stones. I make up quite a few of these rolls and tuck one in each date, leaving the edges open so that the white shows a little. A walnut stuck in the top makes them look and taste even better.

## Stuffed Prunes

Prunes are very good and very wholesome, too, as I guess everybody knows. These should be washed and then soaked overnight in water. Take from the water and drain and dry gently in a clean cloth. Then take out the pits as you did with the dates. Large, meaty prunes are best to use.

## Fruit Balls

Everyone at our house likes fruit balls, and this is how I make them: Take about equal amounts of

several fruits such as dates, raisins, apricots, figs, prunes, and after cleaning and taking out seeds or pits put them all through the food chopper. Then I make this mixture into balls as big as a large marble.

When the balls are all made I roll them in sugar or in finely ground nuts and they are ready to eat.

Another way is to add some of the same powdered sugar mixture that we used for stuffing dates to the ground fruit and make it all into balls and roll in ground nuts. These keep a long time if the boys in the family do not find your hiding place.

Just one of these ways will be enough to try at once if you are a beginner, mother says.

## Grape Acorns

These are dandy to put on top of a box of Christmas candy. They are so pretty and so good and, best of all, mother will let us eat more of them than she will of the very sweet kinds. For grape acorns, get the largest, prettiest, plumpest grapes you can find. White or pink ones are the right kind. I wash them and pick them from the bunch very gently. I let them drain and dry off, and while they are doing this I put a square or two of baking chocolate to melt in a cup set in hot water.

I take a grape in my fingers and dip it carefully into the hot chocolate. I am ever so careful to dip only one end in the chocolate so that about one-half of the grape is covered, then before the chocolate on the grape has time to harden I dip the same end in fine granulated sugar. That makes the grape look like an acorn. Place these acorns on a waxed paper or pack in a candy box and keep in a cool place.

If you learn to do these nicely, your mother will want you to fix some for one of her company dinners. They go so well with salted nuts at the end of the dinner.

## Can We Eat Candy and Be Healthy Too?

Of course every little cook wants to be healthy, and most of you like candy, too. You can do both if you do not eat candy between meals, but only after a good sensible meal, as dessert. Candy eaten between meals spoils the appetite for bread and butter, potatoes and gravy, vegetables, milk, and other good foods that the body really needs.

Be especially careful to brush your teeth well after eating candy.

## Fudge

I guess every girl likes to make fudge and every boy likes to eat it, at least the ones I know do. You



Betty has made a pan of fudge, with a big nut on each square. Doesn't it look good?



know how it is on a cold Sunday afternoon when it's too stormy to be out, there doesn't seem to be anything to do until mother asks, "Would you girls like to make a little fudge?" We certainly would!

We choose a pan plenty big enough so our fudge won't boil over, and into it we put:

2 cups of sugar.  
2 squares of chocolate cut fine.  
1 cup of rich milk or thin cream.  
1 tablespoonful of corn syrup or honey.  
A pinch of salt, very small.  
1 teaspoonful of vanilla is added when fudge is cooked.

We cook this rather slowly and stir only enough to keep it from sticking to the bottom of the pan. When it begins to look quite thick, it is time to test the candy. One way is to drop a spoonful into a cup of very cold water. If a soft ball forms so that you can take it out between the thumb and finger, it is done; if not, cook it some more. Another way to test is to drop a spoonful on a saucer and stir briskly. If it stiffens so it will hold its shape, it is done; but if it runs over the plate in a syrupy way, it isn't.

Of course, using a candy thermometer is the surest test. Fudge should test 238 to be done. But I think it is best to know the other tests, too.

After the fudge gives the right test, we take it from the stove and let it get quite cool before beating it. Beating fudge while hot is very apt to make it grainy or "sandy," as the boys say.

When it is cool, add the vanilla and beat hard until it seems just ready to stiffen, then pour it quickly on a buttered plate. Mark off in squares when hard.

The first time I tried fudge I made a real small batch:

1 cup sugar.  
1 square chocolate.  
½ tablespoonful corn syrup.  
½ teaspoonful vanilla.  
½ cup milk.

It turned out pretty well, but if it hadn't mother would not have cared quite so much because I used such a small amount of sugar. Nuts and raisins can be added just before pouring candy on the plate.

## A Christmas Suggestion

Christmas Day is only about two weeks away, and Betty is wondering if you know any little girl (or perhaps boy) who would like to join the Little Cooks' Class—or shall we call it a club? A nice way to get them started would be to send them a Scrapbook which now has twelve complete lessons printed in it. Just send fifteen (15) cents to Betty, c/o Nor'-West Farmer and Farm & Home, Winnipeg, Canada, for each one you want, together with the name and address of your little friend, and the Scrapbook will be mailed to reach her before Christmas Eve.



# Little Recipes for Little Cooks

## DEAR LITTLE COOKS:

How are you all getting along with the recipes? Sometimes I wonder which ones you would give the most votes if you could vote for your favorites.

This month I am going to give you a recipe which is quite new for me, but one which is already one of my favorites. A little cook sent it to me. Her name is Margaret.

The recipe is for macaroons and mother says they really are too good because we never want to stop eating till they are all gone and then we don't want to.

Lesson Number  
Fourteen

Betty

## Three Fine New Recipes For You

### Margaret's Macaroons

#### Small Recipe

1 egg-white  
½ cup sugar  
½ cup cocoanut  
½ teaspoon vanilla  
1 cup cornflakes

#### Large Recipe

2 egg-whites  
1 cup sugar  
1 cup cocoanut  
1 teaspoon vanilla  
2 cups cornflakes

Break the egg-whites into a bowl and take an egg-beater and beat them very stiff. Add the sugar, cocoanut, flakes and vanilla. Fold these in gently and lightly. Take a piece of clean wrapping paper and place it over the tin or cookie sheet that you want to bake these macaroons on. Drop them by spoonfuls like drop cookies. Bake them in a very slow oven until they are a light brown and are not sticky to touch. You will like them; they are almost like candy.

I always thought cornflakes were just to eat with sugar and cream for breakfast. Aren't you glad to know about a new use for them? I was.

### A Puffy, Fluffy Omelet

Do you get tired of eggs sometimes? Here is a different way to fix them. Try the small recipe for yourself and if it is good ask your mother if you can't make an omelet for supper some night.

#### Small Recipe

1 egg  
1 tablespoon water  
Pinch of salt  
Pinch of pepper (small)

#### Large Recipe

4 eggs  
4 tablespoons water  
½ teaspoon salt  
Pinch of pepper

Use two bowls for making this omelet. Break the eggs and separate, putting whites into one bowl and yolks into the other. Beat the whites very stiff, so stiff that they will stay in the bowl if you turn the bowl upside down. Then take out the beater. Add the water to the yolks and using the same egg-beater (you won't need to wash it) beat the yolks and water till they are thick and lemon colored. Add salt and pepper. Add the whites, folding them in ever so gently. The mixture should be very light and fluffy.

Take a small frying pan and add enough butter or ham or bacon fat to grease the pan. Heat the pan and as the fat melts turn the pan so it gets well greased. Or you could use a brush to grease the pan with before you start heating it. When the pan is quite hot I pour in the egg mixture trying to keep it light and fluffy. Let the omelet cook slowly on the top of the stove till the bottom has browned a little and it has begun to puff up nicely. Then put it in a slow oven to finish. When it has browned lightly on top and is not sticky to touch when you press it so gently to test it, it is done.

Did you ever hear that people should wait for an omelet instead of an omelet waiting for people? That is really true though because an omelet gets tired of waiting very soon and gives up. Down it goes to the bottom of the pan and instead of a fluffy, puffy omelet there is only a heavy, tough, eggy mass.

There is a real trick about serving an omelet. It's real easy too. They call it folding the omelet. First take the handle of the pan in your left hand. Have a knife or spatula in your right hand. Now, about half way between the handle side and the other edge cut in from the edge on each side about two inches. Then with the knife gently loosen the half next to the handle and fold it over the other half. Now loosen the other half and coax it on a platter. Serve at once!

Sometimes I cut a piece of bacon up fine and fry it. Then I pour my omelet right on top of that in the

pan and cook it just the same as the plain omelet. Cold ham is good cut fine and baked with an omelet too.

When I make omelet for the whole family, I take an egg for each one and use a large frying pan.

### The Different Kinds of Batters and Doughs

When we make mixtures of flour and liquid for baking or frying we call them doughs and batters. If we use quite a lot of liquid and not much flour, we get a thin mixture which we call a pour batter because it pours easily. The popover batter was a pour batter, and if you will look up the recipe you will see that it called for almost as much milk as flour.

For muffins we use a little more flour and get a thicker batter. Some muffin recipes call for more flour than others so some are thicker than others. The thicker ones call for about twice as much flour as liquid and these we can drop in spoonfuls. So we call these thicker ones drop batters.

Baking-powder biscuits call for a thick mixture, thick enough to be handled on a mixing board. Cookies take even more flour, and so does bread dough. These thicker mixtures we call doughs. Doughnuts are a good example of thick dough. Some cake recipes make a thin, and others a thick mixture.

You will enjoy watching and deciding which kind of batter or dough your recipe makes.

### Baking Powder Biscuits

#### Small Recipe

½ cup flour  
1 teaspoon baking powder  
Pinch salt  
¾ tablespoon butter or other shortening

#### Large Recipe

3 cups flour  
6 teaspoons baking powder  
¾ teaspoon salt  
4 tablespoons butter or other shortening

First of all I must look after the fire because these biscuits must have a hot oven or they won't be the kind daddy is hoping I will learn to make. Then I wash my hands as I always do before I begin to cook.

Now I am ready to get together the things I will need. I take a nice mixing bowl and a large spoon and the mixing board and rolling pin, biscuit cutter and tins to hold my biscuits. These I place where they will be handy when I need them.

I sift some flour and measure out what I need and put that in the flour sifter which I put in the bowl. Then I measure baking powder and salt and add to the flour. Then I sift it all together into the bowl. Next I measure out the butter (you may use lard or some shortening, but butter does give a better flavor to the biscuit). I add this to the mixture in the bowl. Now I measure the milk and set it where I can reach it easily.

Mixing the butter in comes next, and some cooks cut this in with two knives, but mother thinks maybe it is easier for little cooks to use their fingers. So I must wash my hands very clean again and then I hold them in real cold water to cool them well. Mother says warm fingers warm the dough and make it harder to handle and not so nice.

As soon as I have dried my hands, I begin rubbing the butter into the flour with my finger tips. I must mix it in smoothly till it looks like coarse meal. Now I am ready to add the milk and stir it in well. But I do not beat the dough hard, as I do for cake or muffins. I handle it gently so it will be light. The dough will be stiff enough so I can put it out on the mixing board and roll it now.

First, of course, I put a little flour on the board so the dough won't stick, and I rub flour on my rolling pin too. I flour my hands a little. When I have my dough on the board I shape it, with my hands, into a ball and then I use my rolling pin to flatten it out into a sheet of dough about three-fourths of an inch thick.

I am ready to cut my biscuits now, and cutting out is such fun! I cut out all I can and put them on the baking tin. Then I gather up all the pieces of dough and roll out again and cut out more biscuits. When I have all my dough in biscuits, I get them all in the baking tin and slip them in the hot oven.

About fifteen minutes will be long enough to bake them if the oven is hot.

Little Cooks, be careful though not to mix in any more flour than you can help because too much flour will make solid, tough biscuits.

When you take your biscuits out of the oven they will be nicely browned, light and tender, and all they need is plenty of good butter and some jam or honey. Daddy will smile and then smile some more if you make good biscuits for him.



Little Cooks are often in a hurry to take things out of the oven before they have been there long enough. Betty makes it a practice to keep her eye on the kitchen clock so that she doesn't have to guess whether or not the things she makes have been there too long or not long enough. It is a good idea to get the habit of watching the clock when you cook.



# Little Recipes for Little Cooks

Let's Fix a Fine  
Cake for Mother's  
Day—Which Comes  
on May 8th.

by

Betty

Lesson Number  
Fifteen

## DEAR LITTLE COOKS:

Of course you can guess, just from the picture, what the very most important recipe of all is to be this month—a Mother's Day Cake!

Mother's Day comes in May, you know, but it comes before you could get my little recipes for May so I thought I would send it in April and you could have time to practice. Then you could be sure of a perfect cake for mother on her day. I know she will like it, too.

Betty



Won't it be fun to surprise mother with a wonderful cake like this on "Mother's Day?" Betty tells you just how to make it in this lesson. Start practicing now so that you can be sure of giving her a perfect cake.

## Mother's Cake

If you will look in your scrapbook, on the October page, you will see a very good recipe to use. This is a white cake and perhaps you can make it perfectly now. Bake this recipe in well-greased layer-cake tins. Use a good white frosting on each layer and put the layers on top of each other just as mother does. Then after you have all the layers together and you have a fine high cake, cover the top (and the sides too if there is enough frosting) with frosting.

Now you have a nice cake for any time—Sunday cake or company cake—but here is how to make it a real Mother's Day cake. After the frosting has set so it isn't sticky, take a clean penholder or a small, clean, pointed piece of wood and write, very lightly, the word "Mother" just as I did on my cake in the picture. Then take tiny colored candies and place them ever so carefully along the writing. Now you have mother's cake.

## Powdered Sugar Frosting

Here's the frosting:

- 2 cups powdered sugar
- 2 egg-whites, unbeaten
- 1 teaspoon vanilla
- 1 teaspoon almond extract (if you like)

Sift the powdered sugar to break all the lumps, then add the egg-whites and stir well. Add flavoring. It should be quite stiff but soft enough to spread smoothly. If it seems too stiff, add just a little cream, but be careful because a "runny" frosting wouldn't do at all.

This is a good frosting to use especially if you are a very little cook, because it is easy. Here is another recipe for you to try if you are old enough to make cooked frosting. I'll tell you a secret: lots of grown-ups can't make a real good frosting unless they use this newer recipe, so mother may be using this one. You know so many frostings are hard and cracky, and others are so runny that only a little stays on. Try this.

## Seven-minute Frosting

- 1 egg-white, unbeaten
- 1 cup sugar
- 4 tablespoons water

Put plenty of boiling water in the bottom part of a double boiler and put it where it will keep boiling. Into the top part of the double boiler put the egg, sugar and water and set this over the boiling water. Take an egg-beater (the Dover kind) and begin beating and beat as it cooks, for seven minutes. Pretty soon it gets white and fluffy and toward the last you'll just be surprised to see how thick and light and lovely it gets to be. When it has cooked and been beaten for seven minutes, it should be just right to spread on your cake.

So many of you have sent me lovely recipes for devil's food cake that maybe you will want to make one for your mother. This seven-minutes frosting is fine for that too.

## How Mother's Day Came to Be

A girl who lived in Philadelphia first thought of the idea of setting aside one day of the year which she called "Mother's Day"—a time for showing mother by some special effort of kindness and devotion our love and appreciation for everything she does for us. The girl was Ann Jarvis, and she originated "Mother's Day" in 1908. When she told her friends what she had done, they took up the idea, too, and it spread rapidly throughout the country, so that now the second Sunday in May is the official "Mother's Day."

## Eggs in Potato Nests

Here is a good supper dish:

Take a low glass baking-dish or a deep pie tin and butter it well. Place left-over mashed potato in, to nearly fill the dish. Press the potato down smoothly. Then with a spoon dip out holes just big enough to hold an egg. Into each of these holes break an egg. Be sure to take eggs enough for those you have to serve. Pour a little sweet cream over the eggs and potatoes and sprinkle with salt and pepper. Bake until eggs are done. You could make this dish for your own supper first as I did or for the baby's (if there is one in your family) supper maybe. One egg would be a good little recipe to practice on, and next time you could use potato and eggs enough for all the family.

Grated cheese sprinkled over the egg and potato makes this even better.

## Apricot Whip

Here is a good recipe for spring when mother's fruit cans are empty and she wonders what to have for dessert.

### Small Recipe

- 1/2 cup apricot pulp
- 1 egg-white
- 1 tablespoon sugar

### Large Recipe

- 3/4 cup apricot pulp
- 3 egg-whites
- Sugar to sweeten to your taste,
- 1/4 cup to 1/2 cup

You can use either dried or canned apricots. If you take dried ones, look them over carefully and wash them. Then cover them with water and leave to soak overnight. Then cook slowly in the same water until soft and tender. Then put them through a wire sieve, using a spoon (a wooden one is best) to rub and push the fruit through.

If you use canned ones, you can put them through the sieve without cooking.

Break the egg-white into a bowl and beat very stiff with an egg-beater. Add sugar. It's hard to tell how much because the canned apricots might be quite sweet and the dried ones would not be. But you will be pretty sure to need 1 tablespoon and maybe you will think it needs even more. Taste and see.

Then add the apricot and sugar to the egg-white. Fold in very gently for this is supposed to be light and dainty. Butter a glass baking-dish or granite bowl and bake slowly in a pan of water just as you did the custard. About 20 minutes should be long enough. Serve with cream.

This is awfully good if you use prunes instead of apricots, only you will like it better if you use 1 tablespoon of lemon juice too.

My Scrap Book, containing 14 lessons already printed and enough blank pages for pasting in the remaining 10 lessons, including this one, costs 15 cents postpaid. Send your 15 cents to me c/o The Nor'-West Farmer and Farm & Home, Winnipeg, Man.  
BETTY.



# Little Recipes for Little Cooks

Lesson No. 16

by

Betty

## Would You Like to Learn to Bake Bread Like Mother's?

You Can Do It With This Lesson

Dear Little Cooks:

*This time I have something very special. I am going to tell you how I made a loaf of bread, all myself. Not just a little loaf that I teased mother to cut from a little of her dough, but a loaf that I made myself, from the very beginning. Now that it is warmer and school is nearly over (for some of you it is over) I think it is a good time to tell you.*

*My! you have no idea how proud you will feel to make a loaf of bread all yourself. It always makes me so happy.*

*You know bread is one of our best foods and home-made bread is so good, too. It has more taste than that we get from the store I think, don't you?*

*If you follow directions carefully you'll have good bread I know, because mother says thousands of girls all over our country have done it.*

*I hope you will make a lot of good loaves this next summer. I've some awfully good recipes for June, too!*

With heaps of love,

BETTY.

### White Bread

#### Straight Dough Method

1 cup liquid (water, or water and milk).  
 $\frac{1}{2}$  teaspoon fat.  
 2 teaspoons sugar.  
 $1\frac{1}{4}$  to  $1\frac{1}{2}$  teaspoons salt.

$\frac{1}{2}$  compressed yeast cake.  
 (Dissolve in  $\frac{1}{4}$  cup luke warm water).  
 3 cups sifted flour  
 (about).

**METHOD:** Put sugar and salt into a large bowl, and pour over them the scalded liquid. When the mixture is lukewarm, but not hot enough to kill yeast, add dissolved yeast, and half the flour. Beat thoroughly, add the melted fat, then add the remainder of the flour, or enough to make a soft dough. Beat hard with spoon and turn out on a floured board. Knead until the dough becomes elastic to the touch and will not stick to the board. Place it in a greased bowl, cover tightly with a clean towel and plate, and allow it to rise in a temperature of from 80 to 85 degrees Fahrenheit until it has doubled in size (about  $2\frac{1}{2}$  hours). Some bread makers like to put the dough back in the bowl and allow it to rise a second time until it nearly doubles in bulk before placing it in the pans, about 45 minutes. This makes a finer grain in the bread but the flavor is not so good. Knead down and turn dough over. Let stand 15 minutes. Form into loaves of a size to half fill the pans. Place in oiled pans and allow to rise until it has doubled in bulk. This will bring the top of the dough about even with the edges of the pan. Bake 45 to 50 minutes. The oven temperature should be 425 degrees Fahrenheit for 15 minutes, then lowered to moderate temperature, 380 degrees Fahrenheit.

**KNEADING:** The purpose of the first kneading is thoroughly to mix in the yeast and to develop the gluten, or elastic part of the flour. To knead the dough, curve fingers over it and with the palm of your hand push the dough forward. Then bring the hands back, repeat this pushing process, turn the dough one-quarter way around, and fold it over. The kneading should be done quickly and lightly until the dough is smooth and elastic and does not stick to the fingers or to the board. Watch mother to see how she does it.

When the dough has been kneaded enough, shape it into a ball and place it upside down in a well greased bowl, then

turn it over. This coating of grease will help to keep it from drying and will prevent a crust forming on the dough. The bowl may be covered with a plate, a lid, or a clean towel, and put in a warm place so that the dough will rise.

The temperature for the first rising should be from 80 to 85 degrees Fahrenheit. Too warm a temperature may cause the dough to rise too quickly and it may sour. The dough should rise until double in size or until a dent is left when it is touched lightly with the finger.



**SECOND KNEADING:** The purpose of the second kneading is to break the gas bubbles and to mix the gas evenly through the dough. The dough may then be shaped into a loaf. Watch how mother makes a well-shaped loaf. Place the dough on the board and flatten it out with the palms of the hands into an oblong shape. Fold the long sides together and seal by using the palms

### What Is Good Bread?

Good bread should be cut into nice even slices. All the slices in the loaf should look the same. To do that the loaf must be one of good smooth shape, evenly rounded over the top, have no bulges or cracks. Then it looks nicer on the plate and will make better looking sandwiches. The crust should be the same golden brown all over and be from one-eighth to one-fourth inch in thickness. We want the crust crisp and tender, too.

Inside the crust of our slice of bread we like to find a creamy white crumb. Grayish white color, streaks, large holes, coarse grain, soggy places all mean poor bread. We want it nice and springy so that a piece pressed between the fingers will spring back quickly to its first shape. If old or poor yeast is used bread will not have this springy or elastic quality.

We want our bread to have a good taste and smell. A sweet, nut-like taste that is like that you get when you chew wheat kernels into "wheat gum," is what we want. (Did you ever shell out wheat from the bundle and make wheat gum?)

of the hands. The dough may be flattened again pulling slightly to elongate it. Then fold the ends as before and seal. Fold first one side to centre and seal and then the other side and seal, then roll to finish sealing. The loaf is now ready to be placed in a greased bread pan. Grease the loaf on all sides and cover with oiled paper or a clean cloth for rising.

### Good Materials Help Make Good Bread

**FLOUR:** Wheat flour contains starch and a substance called gluten. Gluten is elastic when moistened and can be stretched. When we chew wheat until it is like gum it is the gluten that is "gum." When bread dough is light, it is full of gas bubbles which stretch the gluten, and when it is baked the gluten is stiffened, leaving the bread filled with small holes. Wheat is the only grain that has gluten. Hard wheat has the most gluten and so makes the best bread flour.

**YEAST:** Yeast really is a mass of tiny plants, so small we could never guess they were there if we could not see them under the microscope. When these tiny plants have food, like flour, sugar and moisture (water or milk,) and a nice warm place, they grow fast and give off bubbles of gas which fill the dough and make it rise.

We can buy dry yeast or moist compressed yeast. The dry yeast keeps better but the compressed yeast works faster in the dough.

Mother lets me use compressed yeast. You see I can hardly wait anyway till I have my nice loaf done.

Good bread can be made of either kind of yeast if it is fresh.

**LIQUIDS:** Water, milk or potato water or a mixture of these may be used for bread.

**SUGAR AND SALT** are used to make the bread taste better.

**SHORTENING** is used to give flavor and tenderness to bread.



# Little Recipes for Little Cooks

## Let's Make a Strawberry Shortcake for Dinner

by

Betty

Lesson No. 17

This Lesson Tells You Just How to Do It and Gives You  
Three Other Recipes You'll Like to Try

Dear Little Cooks:

Do you ever yell, "Strawberry shortcake, pumpkin pie, v-i-c-t-o-r-y!" at your school? My sister Ruth does when they are out to win a game of ball or something, and mother says she did when she was in school, so I guess if it's been going on that long most everybody has heard it. Maybe the reason it has lasted so long is because everybody always seems to like strawberry shortcake.

Anyway I do, and so I am going to tell you how I make my strawberry shortcake. Summer is salad time, too, because we have lots of vegetables and fruits to make salads, and so I'm going to tell you how I make a salad. This is a good time to catch up if you haven't tried quite all the recipes in the other lessons. I have saved a lot of good-looking recipes to try this summer, and if they turn out real good I'll pass them on to you.

With love,

BETTY.

### Strawberry Shortcake

#### Small Recipe

½ cup flour, sifted.  
1 teaspoon baking powder.  
Pinch of salt.  
¼ tablespoon sugar.  
1 tablespoon butter.  
3 tablespoons milk.

#### Large Recipe

2 cups flour, sifted.  
4 teaspoons baking powder.  
½ teaspoon salt.  
1 tablespoon sugar.  
1 ⅓ cup butter.  
¾ cup milk.

You can see if you look at the recipe for baking powder biscuits in the March lesson, that this recipe is almost the same, only I want this richer so I take more butter and a little sugar, too. Mix this shortcake recipe just the same way as you did the biscuit.

The shortcake dough can be rolled to fit a layer cake pan or you can cut out big biscuits so that there will be a small shortcake for each person. Bake in a hot oven just as for biscuits.

While my shortcake is baking I get my berries picked over. When I was real small my mother was picking over berries and I wanted to help so I said, "I want to take the corks out, too." So now they still tease me about taking the corks out of strawberries.

Do you know how to wash berries so that they will keep nice and whole? This is the way I do it. I put my berries in a colander or sieve and set this in a deep pan of cold water. I lift up and put down the colander several times and this washes the berries without breaking them.

I pick out the finest berries for trimming and put the rest in a bowl and add sugar to sweeten them. I mash them just a little with a spoon because they sweeten through better if I do.

By this time my shortcake is about ready to take out of the oven because it only needs 15 minutes in a hot oven. I take a sharp knife and split my cake into two layers. I butter the cut side of each layer a little and set them in a warm place.

Just before I want to serve the shortcake, I spread each layer with the sweetened berries and on the top layer I put the nicest berries. If I am going to put whipped cream on top, I keep the fine berries to put on the cream. It certainly does look good, too. But we think our shortcake tastes very good with plain, rich cream.

Lots of different shortcakes can be made when you know how to make this one. Blueberries, raspberries,

peaches, apricots, and even apple sauce make good shortcake.

Mother surprised me by telling me that lots of people think of shortcake as a dessert of cake with strawberries and whipped cream over it. That doesn't seem like real shortcake to me, but I do like to eat it so I am going to tell you how I make a sponge cake to go with strawberries. Maybe that will be the kind of shortcake you will like best.

### Sponge Cake

#### Small Recipe

1 egg.  
¼ cup sugar.  
1 tablespoon water, cold.  
¼ cup flour.  
1 ⅓ teaspoon baking powder.  
Pinch of salt.  
¼ teaspoon lemon extract.

Pastry or cake flour makes a more tender, delicate cake.

#### Large Recipe

4 eggs.  
1 cup sugar.  
4 tablespoons water.  
1 cup flour.  
1 ½ teaspoons baking powder.  
½ teaspoon salt.  
1 teaspoon lemon.

I take two mixing bowls and into one I put the egg-white and into the other the yolk. I beat the white very light and stiff. Then I add the water to the yolk and I beat that (I don't even need to wash the beater you see if I beat the white first). The yolk should be beaten until

it gets quite thick and light. I slowly add sugar and keep on beating until the sugar seems all dissolved. Add the flavoring now.

Next I sift some flour and measure out what I need. I add salt and baking powder and sift again. Now I sift all three together again into the egg and sugar in the bowl. I stir in the flour gently, trying to keep

### Salads

A good salad is cool and crisp and fresh looking. It tastes better if you can make it look pretty, too.

Try to have everything cold that you put into a salad. Dressing, lettuce and the vegetables or fruits used should all be kept in as cold a place as you can find. A good refrigerator makes this easy. If you haven't a refrigerator you will need to find a cool place in the cellar or wherever mother keeps milk and butter cool. If you prepare the salad a little ahead, be sure to keep it cold. Salads should be served on cold plates as this will help keep them cold.

Salads may be served on salad plates or on a platter or in a salad bowl. Always plan to make it look pretty. A nest of crisp, curly lettuce always helps make a salad pretty.

Bits of parsley, stuffed olives, little pickles, radish roses, shreds of green pepper, strips of pimento are helps in dressing up plain vegetable salads. Try them on a picnic salad.

### A Dressing for Fruit Salad

This salad dressing is very good for fruits or cabbage, but not for most vegetable, egg or potato salads.

3 eggs or 6 egg yolks  
½ cup vinegar

½ cup sugar

Put the sugar and vinegar in a double boiler to heat. Beat the eggs. Pour the hot sugar and vinegar over the beaten eggs, stirring all the time while you pour. Put it all back in the double boiler to cook until it is thick.

#### Cool

When you wish to make a salad, use equal parts of dressing and cream. Whip the cream and beat in the dressing.

A nice fruit salad for June would be one with banana, pineapple, strawberries and marshmallows. Mix these fruits which have been cut into small pieces and sweeten a little. Put a spoonful of the fruit on a lettuce leaf and a spoonful of dressing on top. On the very top put a cherry, a nut meat or a nice red berry from your own garden.

Did you ever hear that to be a good salad maker you need to keep plenty of imagination on hand? I guess that means that lots of good salads can be made if you keep thinking up new things that will go together well.

I hope each little cook tries a salad this month. I will tell you about another salad in July.

### Macaroni and Cheese with Ham

1 cup macaroni.  
2 ⅓ cup grated cheese.  
¼ cup finely chopped cooked ham.  
1 ½ cups white sauce.

#### Recipe for 1 ½ Cups White Sauce

2 tablespoons butter.  
2 tablespoons flour.  
1 ½ cups milk.  
Salt and pepper to taste.

For the white sauce you will find the directions in Lesson No. 4, where it tells about making cream potatoes.

I break up the macaroni, if it comes in long pieces, into pieces about one inch long. I have plenty boiling water and I add salt (1 teaspoon). I cook it 20 minutes, unless the directions on the box say to cook a shorter time. Some kinds of macaroni cook more quickly than others do, but it is better to cook a little longer than not enough.

Drain off the hot water and put the macaroni in a buttered baking dish. Put it in a warm place while you make the white sauce. You could make the white sauce while the macaroni cooked. That's the way I like to do.

When my white sauce is cooked smooth and creamy, I add the grated cheese. If the cheese is too soft to grate, then I have to cut it very fine so it will melt quickly. After it is melted I add the cooked ham all cut up fine and then I am ready to pour this over the cooked macaroni and bake slowly in the oven until we are ready to serve it. About 10 or 15 minutes is long enough.

it light. Last of all I fold in the eggwhite ever so carefully and then I pour the cake batter into an ungreased cake pan. I bake it in a moderate oven.

Mother says a very hot oven makes sponge cake tough, and too slow an oven will make a coarse-grained cake so I try to have a medium or half-way oven.





# Little Recipes for Little Cooks

Lesson Number Eighteen

by

Betty

Mother  
Is Letting  
Me Help  
With the  
Canning  
—It's Such  
Fun!



## Let's Have a Picnic

THESE hot July days are a wonderful time to have a picnic under the trees in the front yard, or in a nice place along a nearby brook or lake. We had a picnic just the other day and it was such fun! We packed our basket full of good things—mother helped us—and went out under the trees where it was cool to eat. It was loads of fun and everything seemed to taste so good outdoors. Why don't you and some of your friends do it, too?

Dear Little Cooks:

I guess some of you will be surprised to have me tell you how I canned a jar of fruit all myself because you might have thought that was too hard for little cooks. But it's heaps of fun to have a nice jar of fruit to put away all labeled with your own name on it.

I was just crazy for one of my own, but I hadn't quite dared to ask because I was pretty sure mother would say I wasn't old enough yet. But one day I had worked awfully hard helping mother get her berries ready for canning and when she said I was a wonderful help, she gave me a hug, and then I thought maybe she would let me try so I asked her. My! I was happy then, for she said I could.

I canned raspberries, but the same way would do for most any berries, for cherries, currants or peaches or pears. Rhubarb is something almost any little cook could have to try and it keeps well, too.

—BETTY.

## My First Canning

Mother had me go to the basement for a pint jar and she had me pick out a new looking cover because she says it never pays to use poor covers or old rubbers in canning for that would mean that our fruit or vegetables might spoil no matter how careful we were.

After I had washed my jar and cover, I took a new rubber and put it on the jar. Then I put in some clean water and screwed on the cover to see if it was going to be tight. I turned the jar upside down and left it there a little while. It didn't leak a bit, so I knew it was all right to use.

Next I put my jar and cover into a kettle of warm water and put the kettle on the stove to boil. Mother says boiling makes things clean in a different way than washing and is important in canning.

I knew that I would need some hot syrup ready so I fixed that next. Raspberries take a "medium" syrup, Mother said, so she told me to measure out  $\frac{3}{4}$  cup water to 1 cup sugar and put it to cook.

Then I took some fresh, ripe raspberries and looked them over real carefully, to be sure no stems or bits of leaves were left. Then I put them into a colander and dipped the colander into clean water to wash them. They didn't break or mush that way.

At that time my mother's cover had just come and the syrup was boiling, too. So I took a pie tin and put it down close to the kettle of hot water. I got a pair of kitchen tongs that mother uses to lift out hot jars. I had a holder handy and I got the jar out without getting burned at all. I carried my hot jar on the pie tin, over to the table and packed it full of red berries.

As quick as I could, I poured on the hot syrup till the jar was nearly full, about one-fourth inch from the top. Then I dipped the rubber in the boiling water and put it on my jar and screwed on the cover quite tightly, because, if I left it real loosely on the jar, fruit juice would bubble out while it was cooking.

Then I took hold of the top of the jar with a holder and lowered the jar carefully into the kettle of hot water that mother used (she calls it a water-bath) and put it over a good fire where I left it till it had boiled for 15 minutes. That is the time most berries need to cook in hot water before they can be quite sure to keep.

Leaving them in longer might make them a mite safer, but the color and taste are better with shorter cooking. I lifted my jar out and tightened the cover up good and let it cool. The next day I looked at it and it was tight and fine so I put a label with the name of the fruit and my own name on it and put it away in a cool, dark, dry place for the winter.

I brought it out and opened it one night when I was getting supper, and when we sat down to eat, of course, everybody wanted to sample some of my canning. They took just a little the first time but then they asked for more and more until it was all gone. I thought it was good, too. Daddy said he was proud of me and that made me very happy.

## Syrups For Fruits

For pears, apricots, apples, pineapple, use thin syrup, 1 cup sugar to 1 cup water.

For berries, currants, sweet cherries, peaches, plums, strawberries, rhubarb, use medium syrup, 3 cups sugar to 2 cups water.

For gooseberries, wild plums, sour cherries, etc., use thick syrup, 2 cups sugar to 1 cup water.

## Time Table for Common Fruits

Leave the following fruits in hot water bath the number of minutes given after each:

apples, 20;  
apricots, 20; cherries, 20;  
currants, 20;  
peaches, 20; pears, 20;  
plums, 20; rhubarb, 16; strawberries, 15 or 16.

Fruit may also be canned by cooking in an open kettle and packing in hot, clean

jars, but we little cooks will find it easier to use my method until we have more experience. Try a can of rhubarb by just washing and cutting up in pieces and packing rhubarb in clean jars and filling with clear, cold water and seal up the jars tight. Any little cook can do this.

## Here's a Picnic Salad

Here is the way I made a good potato salad that looked pretty and tasted good. Try it for a picnic this hot weather.

First I made a cooked salad dressing:

Vegetable salad dressing.  
4 tablespoons butter,  
1 tablespoon flour,  
1 tablespoon salt,  
1 tablespoon sugar.

2 teaspoons mustard  
Pinch pepper.  
1 cup milk.  
 $\frac{1}{2}$  cup vinegar.  
3 eggs.

Make a white sauce of flour, butter and milk (Lesson 4). To the white sauce add the salt, sugar, mustard and pepper, well mixed. Beat eggs and stir in slowly and add vinegar last. Cook till thick. Cool well before using.

I take cold boiled potatoes and cut them into tiny cubes. I make half as many picnic eggs as I plan to have people to eat the salad. Then I mix the salad dressing with cream enough to thin it so it pours like rich cream. I beat it well in a bowl with an egg beater and add the cold potatoes.

You can add thin slices of onion if you like them (I do) and add nearly half as much cool, crisp, celery cut into thin slices. I also cut several little sweet pickles into thin slices, too.

I mixed the dressing, the potato, celery and onion and pickles all together carefully, so as not to make it "mushy," then I lined a glass bowl with lettuce leaves and put in the salad. On top I smoothed it a little and made holes just large enough to hold the halves of the picnic eggs, yellow side up. All over the top I put slices of pickle or stuffed olives and it looked so pretty. When there are radishes, red ones, I like to make a border of radish roses. You know they taste good at picnics, too.

Haven't you all seen mother make radish roses? She just takes a nice, clean, red radish and begins at the leaf end and cuts through the thick red skin or peel from the top almost to the bottom on four sides. Then with a paring knife she works the peel loose almost to the bottom. This loosened peel makes four petals that stand out like a flower's petals. With these radish roses around the edge, my salad was "as pretty as a picture" they all said.

## Meringue or "Goodies"

The next thing I am going to tell you how to make has a long, hard name, "Meringues," but my name for it is "Goodies" and it is lots easier to say. Try to make it and see if the name doesn't fit.

3 egg whites.  
1 cup sugar.  
 $\frac{1}{2}$  tablespoon vinegar.

$\frac{1}{2}$  teaspoon vanilla.  
 $\frac{1}{4}$  teaspoon almond extract (if you have it).

I beat the egg whites very stiff, very stiff indeed, and then I add the sugar very slowly and keep on beating with my egg beater all the time. Then I add flavoring and the vinegar and then I beat with my egg beater for 10 minutes longer. It should be stiff enough to stand alone by this time.

Then I put a clean piece of wrapping paper, not waxed paper, on a cookie pan and heap the "Goodie" mixture in little piles like buns, about two inches apart. I bake them in a warm oven. If the oven is hot, the "Goodies" will be spoiled. They should be just very light pale brown at the end of an hour. O, but they are good with ice cream!





# Little Recipes for Little Cooks

by *Betty*

Lesson  
Number  
Nineteen

## Now I Have Some Dandy Summertime Recipes for You

Dear Little Cooks:

Are you cooking lots of things these days? I like to but sometimes I have an awful time cooking because my little brother, who always wants to do everything I do, is such a bother. You see, he wants to stir and taste, too, and really, if he wasn't so cute I would get real cross at him. I guess the little cooks who have baby brothers or sisters know how it is to try to cook when they have that kind of help.

I have just made a jar of pickles and it was so easy and such fun that I want to tell all my little cooks how.

Pretty soon it will be school time again. Seems like vacation just flew by this year, probably 'cause I have been so busy.

I am going to try baking bread again before school begins and see if I can improve. You see, next year I will be old enough to join a girls bread club so I want to practice up all I can. How did your bread turn out?

Thank you all for your letters; even though I can't answer them all I do love to get them.

Good luck, little cooks,  
—BETTY.

## Orange Jelly

I 'spose every little cook has made gelatine with the powders that come all sweetened and flavored and colored, so all you need to do is to add hot water. It surely is easy and quick and good, too. But if you want something extra good and different, try using a plain gelatine and add sugar and fruit juice when you make it.

The fresh fruit juice gives such a good taste. I am giving you a recipe for orange jelly, but I hope some time you will try using other fruit juice that is handy. It might be peach juice mother had left from canning, or grape juice, or cherry or something else, or maybe a mixture of several fruit juices. Use them in place of the orange juice and take just the same amount as the recipe calls for of orange juice.

### Small Recipe

- ¼ tablespoon gelatine (plain)
- 1 tablespoon cold water
- 3 tablespoons boiling water
- 2 tablespoons sugar
- 3 tablespoons orange juice
- ½ tablespoon lemon juice

### Large Recipe

- (For Eight)
- 2 tablespoons gelatine
- ½ cup cold water
- 1½ cups boiling water
- 1 cup sugar
- 1½ cups orange juice
- 3 tablespoons lemon juice

First, I measure out the gelatine and put it into a bowl. Then I add the cold water and let it stand five minutes or longer. I cut an orange and squeeze out the juice (a lemon squeezer makes it easier). I measure out what I need and put that into another bowl. Then I squeeze out and measure the lemon juice and add that. Now I add sugar, too. By this time the gelatine will be soaked enough and I add the boiling water. Be sure it is boiling! I stir the gelatine and hot water till it seems to be all dissolved. Then I add the juice and sugar from the other bowl.

When it is stirred well, I pour it into a mould, which I always dip in cold water first, or cup and put it into the coolest place I can find. When it is stiff I run a knife around the edge so it will come out and turn it on a small plate. A spoonful of whipped cream can be put on top if you like it.

Another way to get the gelatine out nice is to dip the mould or cup into warm water just a second, first, to loosen it.

Try this orange jelly some time when it seems almost too hot to eat and see if it doesn't bring you an appetite!

## Tomato Salad

I take a nice, firm, ripe tomato—not too big and not too small, and I wash and peel it carefully. Then I cut a thin slice from the top or stem end, and I take out with a teaspoon the seeds and some of the soft pulp inside. I have to do this gently so as not to break the outside. Then I sprinkle a little salt inside and turn my tomato upside down on a plate and leave it in a cool place while I get the rest of my salad ready.

## About Keeping Foods Cool

If we DIDN'T have a place to keep food cool, lots of it would go to waste. Betty always remembers to keep the refrigerator door closed and when she opens it to get milk, fruit or vegetables she takes out only as much as she needs. When it is real warm in the kitchen, milk and cream sour in just a few minutes if allowed to stand on the table instead of being left in the refrigerator. Fruits and vegetables spoil quickly, too. So, it's a good thing for little cooks to remember to put them back in the refrigerator just as soon as possible and never to leave the door open.

Last time I gave you a recipe for good vegetable salad dressing and maybe you will have some of that put away in a cool place all ready for salads. But if you haven't and mother hasn't any either, you can just turn to Lesson 18 and find the recipe. It's always handy to have dressing ready in summer because it keeps well and is all cooled.

I take about 2 tablespoons of dressing and 2 tablespoons of thick cream and put them in a bowl and beat with an egg beater.

Next I wash a stalk of celery and dry it and cut it into thin slices. I need 4 tablespoons of celery. I add the celery to the dressing and stir gently.

Now I am ready to stuff my tomato. I fill it up nicely with the mixture and on the very top I stick a bit of crisp green parsley to make it look pretty.

This salad will look nicer if I put it on a lettuce leaf before I serve it. It will taste better if I can put it in a refrigerator or some other cold place for a little while because salads should always be served cold, especially in hot weather.

Oh, yes, I forgot to say that cucumbers can be used instead of celery if you wish.

## A Jar of Pickles All Your Own

Lazy Pickles are exactly the right kind for a little cook to try because they are so easy. But, honestly, lots of mothers make them that way when they are too busy to spend much time with pickles.

First, get a clean jar ready and test the cover to be sure it fits tight. Wash enough four-inch long cucumbers to fill the jar. Dry them and pack them in the jar.

Mix:

- ¼ cup salt
- ¼ cup sugar

- 2 tablespoons ground mustard
- 1 cup cold water
- 3 cups vinegar



First, I stir the mustard, sugar and salt together well and add the vinegar and stir till smooth, then add the water and stir again. Fill the jar up full with the brine and put on the cover and screw it on tight.

I turn the jar upside down on the kitchen table. The next day I turn it up. I turn it each day for four days, then it can be put down cellar where it is cool and dark till some time in the winter.

## Betty's Devil's Food Cake

Little cooks all like chocolate and things made with chocolate. Little cooks seem to use sour cream a good deal so I am sending my very own favorite recipe for devil's food cake using sour cream:

### Small Recipe

- ½ egg
- ¼ cup plus 2 tablespoons sugar
- ¼ square chocolate
- ¼ cup sour cream
- 2 tablespoons boiling water
- ¼ teaspoon soda
- Pinch of salt
- ¼ teaspoon vanilla
- ¼ cup plus 2 tablespoons flour

### Large Recipe

- 2 eggs
- 1½ cups sugar
- 2 squares chocolate
- 1 cup sour cream
- ½ cup boiling water
- 1 teaspoon soda
- ¼ teaspoon salt
- 1 teaspoon vanilla
- 1½ cups flour

First I put the chocolate to melt just as for the chocolate drop cookies. Then I beat the eggs very lightly with my egg beater. Next I add the sugar and chocolate and stir and beat well with my spoon. Then I add the sour cream.

The soda can be put into the boiling water which I put in next or it can be put into the flour and sifted in with that. I sift the flour just as I always do before measuring it. Then I add salt and soda, if I haven't already put it in the boiling water.

I add the sifted flour a little at a time and beat the cake batter hard each time to break any lumps of flour. I add the vanilla and it is ready to pour in the cake pan which I greased well. This cake should be baked in a slow oven because chocolate burns quite easily.

The seven-minute frosting is so good on this cake. Thick sour cream is best for this cake, but if it is too rich the cake might fall. Ask your mother about the cream; she knows.



# Little Recipes for Little Cooks

Now You Can Make Pie With  
This Simple New Recipe!

by

Betty

## Won't That Be Fun?

Dear Little Cooks:

School again, and I didn't get half through playing, did you? Anyway I learned a lot of cooking and new recipes to give you, nice ones that I'm sure you'll like.

This time I am going to tell you how I make pie. Maybe you know that pie is one thing that every little cook is always crazy to try and it's one our mothers just shake their heads about and say, "Sometime when you're a little older. Pie crust is too hard for a little cook."

At least mine did till she discovered a kind of pie that she said seemed just invented for little cooks. It is made of graham cracker crumbs and that is lots easier and more wholesome, too, mother says. Your mother will like this recipe, too, because it makes a brand new dessert.

Then I have a hearty supper dish that will make everybody laugh just to hear the name. It is "Little Pigs in the Potato Patch." See how many little pigs you can chase out!

With heaps of love to all my little cooks,

Betty

## Graham Cracker Pie

First I get a small pie plate or maybe an old saucer ready. Then I melt the butter and crush the crackers. I do this on the bread board with a rolling pin, being careful to get them very fine. I add cinnamon and butter and mix these well with the crumbs, I put about two-thirds of the crumb mixture in the pie plate and press it down in an even layer all over the bottom and sides of the plate like a crust. I try to press it so it is quite firm and smooth.

### Small Recipe

5 graham crackers  
2 tablespoons melted butter  
¼ teaspoon cinnamon

### Filling for Pie

2 tablespoons sugar  
½ cup milk  
pinch salt  
¼ teaspoon vanilla  
1 egg yolk  
½ tablespoon flour  
½ tablespoon cornstarch

### Large Recipe

20 graham crackers  
½ cup butter, melted  
1 teaspoon cinnamon

### Cream Filling for Pie

½ cup sugar  
2 cups milk  
½ teaspoon salt  
1 teaspoon vanilla  
4 egg yolks  
2 tablespoons flour  
2 tablespoons cornstarch

Then for the filling, I mix the flour and corn-starch and sugar in a bowl. I heat the milk and then pour it on the sugar, flour and cornstarch. Of course, I stir it hard as I pour to keep it from getting lumpy. Then I put it back on the stove to cook till it looks clear and quite thick.

I beat the egg yolk while that is cooking and then I pour it over the mixture on the stove. Cook one more minute to cook the egg and then it is done, and I pour this cream filling into the graham cracker crust that I have ready.

Then take 1 egg white and beat it stiff and add 2 tablespoons of sugar and beat more. Spread this over the cream filling and sprinkle crumbs over the top and bake for 20 minutes in a slow oven.

Let this pie get very cold before serving.

I make the family-sized pie just the same way, only I take 3 egg whites for the frosting (or meringue) and after they are stiff I add 6 tablespoons of sugar.

## Crustless Apple Pie

This is awfully good, I think, and most every little cook has apples to use this time of year. It can be made of

fresh or canned apple sauce, but the apple sauce should be quite thick and sweet (but not very sweet).

I make the graham cracker crust just as I did for the graham cracker cream pie. I put in two-thirds of the crumbs, pressing them down as before and then I pour in the apple sauce, and over the top I put the other third of the crumbs, spreading carefully. I put this where it will get very cold and serve it with whipped cream. It certainly is good!

Almost any thick fruit sauce could be used in place of the apple sauce filling in the graham cracker crust. Apricot, peach, wild plum or cherry would all be good, mother thinks. What a lot of pies we can make now!

## Lemon Pie

First I measure out the boiling water and put it in a sauce pan. Then I mix the flour and cornstarch and sugar well in a bowl. I pour the water on these and stir hard till it is all smooth. Then I put it in the pan to cook, stirring all the time till it is thick and clear. I beat the egg well and pour the thick mixture over it.

### Filling

#### Small Recipe

½ cup boiling water  
¼ cup sugar  
½ tablespoon cornstarch  
¾ tablespoons flour  
¼ tablespoon butter  
¼ lemon rind and juice  
¼ egg or 1 egg yolk

#### Large Recipe

2 cups boiling water  
1 cup sugar  
2 tablespoons cornstarch  
3 tablespoons flour  
1 tablespoon butter  
1 lemon rind and juice  
2 eggs

Then I put it back to cook a little more and I set it on the back of the stove till I am ready to add the grated rind of the lemon and the lemon juice and butter. I stir

these in and pour my lemon filling into a graham cracker crust made just as I did for the other graham cracker pies.

I wonder which kind you will like best?

## Little Pigs in the Potato Patch

For the small recipe, wash and peel one good sized potato, cut it into quarters and boil it in boiling water to which ¾ teaspoon of salt has been added. Boil till the potato is done or soft and then drain off the water. Mash with a potato masher, or a tablespoon if the masher seems too large for the small dish of potatoes.

When it is mashed all smooth and fluffy, add milk as mother does for her mashed potato. Make it just a little more moist than usual. I can't tell you just how much milk to take because I don't know just how big a potato you will take and some potatoes seem to take more than other kinds too.

When I have added the milk and beaten the potato all light again, I make a nice pile or hill of potato on a buttered glass plate or baking dish. Then into this hill of potato I stick little pork sausages. I stick them in so there is just a little end, like a pig's nose, sticking out. You will probably want two little pigs in this small potato patch. I melt butter and brush the potato with that and bake the potato and sausage for about an hour or until the sausages are done and the potato brown. Serve these very hot with some nice muffins and jam.

For the family, take as many potatoes as you think they will want and about two sausages to each potato.

Don't let any little pigs get away!



Lesson  
Number  
Twenty

## The Mailman Brings Betty Many Letters From Her Friends

Betty gets many letters and greetings, especially on the various holidays, and she enjoys them all. Now and then she gets an extra big thrill when a letter comes addressed simply to "Betty."



# Little Recipes for Little Cooks

Lesson Number  
Twenty-one

Would You Like to Get a  
Dinner for All the Family?

Betty Tells You How!

## DEAR LITTLE COOKS:

Isn't it lots of fun to stir up something good for supper while mother gets everything else ready? But did you ever try getting a whole meal for the family ready, on time, all by yourself? Not so easy, I know, because I've tried. It's so easy to forget to start things in time, or get busy on one dish and forget all about the rest of the meal. It looks easy when mother does it, but, O, my! it wasn't for me. But when I have practiced as long as mother it will be easier.

This time I am sending you a few recipes that will help you to know what to fix when mother is gone or sick and you have to cook.

I wish you lots of good luck with the first meal you prepare all by yourself.

With love to the little cooks,

BETTY

## Criss-Cross Potatoes

First wash and peel as many potatoes as you think will be needed for the meal. Cut each potato into long strips like pencils and put in cold water.

Boil these potatoes in salted water for five minutes. Then drain off the hot water. Grease, or butter, a baking dish with butter or bacon fat and put in the potato, laying the long finger-like pieces criss-cross each other to look neat and pretty. Pour melted butter over the top, using about one tablespoon to each potato. Sprinkle the top with paprika and bake till brown and crispy. It will take about 30 minutes in a hot oven.

Finely chopped parsley looks pretty sprinkled over before serving. A deep glass pie plate is good for these potatoes because it gives them more of a nice brown appearance than if you pile them in a deeper dish. This is a fine dish to serve with eggs, fish, or cold meat where there is no gravy.

If there are cold boiled potatoes all ready and I am in a hurry I just cut the cold potatoes into pencils and put them in a baking dish and pour over melted butter and bake them. They are almost as good as freshly cooked ones and lots easier for a little cook.

## Delicious Baked Ham

I take a slice of smoked ham about one and one-half inches thick and trim off the rind and put the ham in a baking dish. If it is pretty salty, I put milk on to cover at first. Mother will know how salty it is.

After the ham has baked in the milk half an hour I pour off the milk and spread the ham with a thick layer of—what do you suppose?—apple butter! Bake it slowly until tender, adding a little water and more apple butter

Betty never guesses. When the recipe calls for certain weights, she always gets the exact amount by using the household scales. To be sure of getting good results, she finds it always pays to follow the directions carefully.



if it seems dry before it gets tender. This is awfully good, but if you want something very special—for company maybe—it is nice to serve sweet potatoes with the ham.

## Best-Ever Prune Pudding

Here is a fine recipe for a dessert when you are doing the cooking. It is good to eat, not expensive, and it is one you can get ready early and then you don't have to worry about dessert when you are busy with potatoes, meat, and vegetables.

### Small Recipe

6 or 7 prunes  
½ cup cold water  
¼ cup sugar  
¼ inch piece cinnamon  
¼ cup + 2 tablespoons  
boiling water  
1½ tablespoons cornstarch  
¼ tablespoon lemon juice  
½ teaspoon lemon rind grated

### Large Recipe

½ lb. prunes  
2 cups cold water  
1 cup sugar  
1 inch stick of cinnamon  
1½ cups boiling water  
½ cup cornstarch  
1 tablespoon lemon juice  
½ tablespoon lemon rind  
grated

If there are no prunes cooked, I need to begin this pudding the night before. I pick over and wash the prunes and soak over night in the cold water. In the morning I cook them slowly in the same water they were soaked in. I cook them a long time till they are soft. Then I cool the prunes.

Next I take the pits or stones out of the prunes. I put the prune meat or pulp back in the juice and heat it again. I add boiling water and cinnamon and let this cook slowly on the stove while I grate the lemon rind and squeeze out the juice.

Now I measure the cornstarch and add just enough cold water so it will pour when I have it well mixed. I add the cornstarch and water very slowly because if I dumped it all in at once it would lump and I don't care for lumpy pudding or gravy. Really, about the only lumps I am really fond of is lump sugar.

So I add the cornstarch slowly and stir fast so it won't lump. When it has thickened and begins to look kind of clear it is ready to add the lemon rind and juice. Now cool and serve with whipped cream. You can add nuts at the very last, but it is good enough without.

\* \* \*

Of course, you will want a vegetable in the meal you cook because they are so awfully important for good health. Mother and our school nurse say so, so I guess it must be so.

## See This Cooker!

This is a waterless cooker, which means that a very small amount of water is needed when using this method of cooking. It has a very close-fitting lid and retains the heat well. For the same reason, very little of the flavor and food value escape. Fresh vegetables that contain natural water can be cooked most satisfactorily by this process. After the heat is regulated, the kettle needs very little watching. Do not confuse the waterless with the pressure cooker with which a very high temperature may be secured.

You can make a nice vegetable salad from cabbage shaved off very fine and raisins and peanuts. Have you tried that?

There are lots of nice creamed vegetables any little cook can fix if she knows how to make the cream or white sauce (Lesson 4).

It seems to me that most any little cook could get a whole meal now from the recipes in her scrapbook if she had them well practiced before she tried to do enough for a meal all at once.

One little cook wrote me the cutest letter. It seems they had no bread for supper so her mother made muffins and the little cook teased to make baking powder biscuits, so her mother let her. Now, here's the joke: the mother forgot the baking powder in her muffins and the little cook remembered it in her biscuits so hers were best. Don't forget the baking powder if YOU bake biscuits or muffins for a meal when mother goes away.

## Sweet Potatoes

I wash as many sweet potatoes as I have people to serve and boil the potatoes in their jackets till they are nearly soft. Then I drain off the water and let them cool a little. Then when I can handle them I peel them and bake them a little. I sometimes put them around the ham in the baking dish if it is large enough to hold them.

I pour a little butter and sugar that I have melted together over the potatoes. About one tablespoon of sugar, one-half tablespoon of water and one-fourth tablespoon of butter is enough to melt for each sweet potato. Put on a little of the sweet syrup and let the potatoes brown and pretty soon add more syrup to keep them from getting dry.

Put the slice of ham in the centre of the platter and arrange the "sweets" around it. A few sprigs of parsley will make it look all dressed up and pretty.



# Little Recipes for Little Cooks

Betty Wants to Tell You About Setting the Table Just Right

by

Betty



## Lesson Number Twenty-two

Dear Little Cooks:

It's turkey time again, isn't it? Mothers will be pretty busy, I s'pose, cooking and baking, and maybe we little cooks can help. Setting the table when mother is in a hurry with the meal is one good way, and if we learn to set it neatly and not forget to put everything on, she may even let us set the company table sometime.

You see, I am learning, but I'll have to practise a while longer before I can set a big company table. Mother is quite particular to have the silver and china just so, and when there are extra spoons and forks I would probably get them mixed up. Do you always get the silver and everything just right?

I have learned to fix the salted nuts that we quite often have for special dinners, and I am going to tell you how, because they are awfully good. It's hard not to eat a lot while you're fixing them. My mother says they seem to shrink more when I fix them.

Next month I will have some dandy candy recipes for you to try at Christmas time.

Goodbye for this time, little cooks,

BETTY.

## Salted Almonds

First I get the nuts and if they need to be shelled I do that. Now I want to get the brown coat off because that is a little bitter, so I put the almonds in a bowl and pour boiling water on till they are covered. I let them stand in the hot water till the skins slip off easily when I rub them with my fingers. The nuts look white and nicer after I have taken off all the brown skin. This is called "blanching" in the cookbooks.

Then I am ready to salt them and so I put them in a pie tin and add a little olive oil or butter. I stir them well and set the tin in the oven till they get a light brown. You must not put them in a very hot oven or they will brown too much and if you forget them a little too long that is bad, because they aren't very good if they get real brown.

When I take them out I sprinkle a little salt on them and let them cool. It is a good plan to stir them once in a while when they are browning.

One tablespoon of oil or butter is enough for a cup of nuts.

## Bananas Baked In Cranberry Sauce

I usually make these when mother has cranberry sauce left that I can use. If there isn't any cranberry sauce ready, cook some clean cranberries till they are soft and press them through a strainer with a spoon. Sweeten the strained cranberries with almost as much sugar as you have cranberry sauce.

Take one banana and cut it in quarters, once the long way and once across. If it is a large banana, maybe half would be all you could eat.

Put the banana quarters in a small glass baking dish or an old saucer and pour about four tablespoons of the cranberry sauce over them. Bake slowly for about 20 minutes.

If the banana seems to get dry, pour on another spoonful or two of the cranberry sauce.

## Date Cake

This is the time when dates are always seen in the stores and they do not cost much at this time either, so let's make a date cake. Your mother will like this recipe because it uses so little butter and only one egg.

### Small Recipe

- |                            |                                  |
|----------------------------|----------------------------------|
| 1/4 cup brown sugar        | 2 tablespoons dates              |
| 1 tablespoon of beaten egg | 1/4 cup plus 2 tablespoons flour |
| 3/4 tablespoon butter      | 1/4 teaspoon soda                |
| 1/4 cup boiling water      | Pinch salt                       |
| 3/4 teaspoon vanilla       | 2 tablespoons nuts, cut fine     |

## How to Place the Silverware and Chinaware

When setting the table, little cooks can place the plates more evenly if they set them around so there is the same distance between each plate. The lower edge of the plates should come one inch from the edge of the table.

Now place the knives and forks. Put knives on the right side of the plate and the forks at the left side. The sharper edge of the knife should go next to the plate.

Soup spoons go next to the knife on the right side and teaspoons to the right of the soup spoons.

If there are no soup spoons, the teaspoons go next to the knife.

Salad forks go to the left of the dinner plate and to the right of the dinner fork.

Water glasses or goblets go at the tip of the knife.

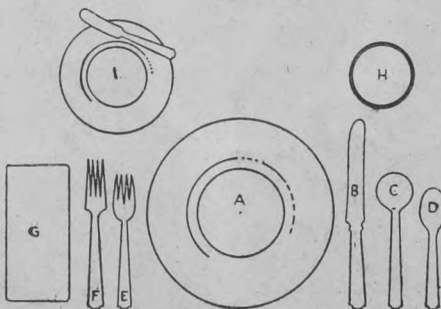
Bread-and-butter plates, if used, go above the plate and a little to the left, almost at the top of the fork.

Napkins are placed at the left of the forks.

A vegetable dish (for corn or tomatoes, etc.) would be placed at the top of the plate between the water glass and the bread-and-butter plate.

If bread-and-butter plates are not used and the salad is served with the main course, place the salad plate where the bread-and-butter plate would be.

Coffee is placed at the right of the teaspoons.



- |   |                  |
|---|------------------|
| A. Plate.                               | E. Salad Fork.   |
| B. Dinner Knife.                        | F. Dinner Fork.  |
| C. Soup Spoon.                          | G. Napkin.       |
| D. Teaspoon.                            | H. Water Goblet. |
| I. Bread and Butter Plate and Spreader. |                  |

### Large Recipe

- |                      |                                    |
|----------------------|------------------------------------|
| 1 cup brown sugar    | 1/2 cup dates, stoned and cut fine |
| 1 egg                | 1 1/2 cups flour                   |
| 3 tablespoons butter | 1 teaspoon soda                    |
| 1 cup boiling water  | 1/2 teaspoon salt                  |
| 1 teaspoon vanilla   | 1/2 cup nuts, cut fine             |

First, I get the dates stoned and cut fine and then I pour the boiling water over the dates and let them stand in the water till it is cool. While this is cooling, I have time to cut up the nuts. Then I beat the egg and add the sugar, stirring well. Next I add the butter, melted, and stir again. Then I add vanilla and salt and then the dates and water when cooled.

I sift the soda and flour together and add them. I beat and stir well with my spoon, and last of all I add the nuts. I bake this in a medium oven, that is, not very hot or very cool, you know.

If you want to frost this cake, you could make a brown sugar frosting!

### Brown Sugar Frosting

- |                   |                    |
|-------------------|--------------------|
| 1 cup brown sugar | Pinch salt         |
| 1/2 cup cream     | 1 teaspoon vanilla |

Cook the sugar and cream and salt till it is quite thick, then test it in cold water. If a drop forms a ball in cold water, it is done. It should make a soft ball, not a hard one.

Cool, and beat till it is almost stiff, add vanilla and spread it on the cake.

### Mocha Frosting

I make this with powdered sugar and cold coffee and butter. Moisten the powdered sugar, just enough to spread, with the coffee. Melt and brown a tablespoon of butter in a small saucepan. Add the butter and spread the frosting on the cake.

## Johnny Cake

One little cook wrote and asked me if I wasn't going to tell how to make Johnny Cake? I certainly am! Here it is:

- |                        |                            |
|------------------------|----------------------------|
| 1 cup yellow corn meal | 3/4 cup sour milk          |
| 3/4 cup flour          | 1 egg                      |
| 1 teaspoon soda        | 1 tablespoon melted butter |
| 1 teaspoon salt        | 1/4 cup molasses           |

Beat egg. Add the molasses, milk and melted butter. Sift flour, soda and salt together. Add the corn meal and then the dry ingredients sifted. Beat well with your spoon. Pour into a greased cake pan. Bake in a hot oven 30 minutes. Eat this while warm.



# Little Recipes for Little Cooks

## Christmas Cookies and Christmas Goodies!

by Betty

Here Are Some for You to Make Your Very Own Self

Lesson  
Number  
Twenty-Three

Dear Little Cooks:

It's hard to believe that it's a whole year since I wrote you candy recipes before and wished you "Merry Christmas." And just think we will finish our two years of little recipes next month. Will you be kinda sorry, I wonder? I guess I'll be lonesome without all your nice letters and recipes and everything.

This year mother is going to let me have some of her cookie dough to cut out special Christmas cookies. Stars and Christmas trees and Santas or gingerbread boys to hang on the tree and to give to little folks. Will you make some too? I shall frost the Christmas tree ones and sprinkle them with colored sugar or the very tiny candies for cakes, etc. They will be so pretty.

I do wish you all the very merriest Christmas you've ever had and a happy time making candy.

With best Christmas love,  
BETTY.

### Ginger Snaps

A recipe to use for Christmas cookies to hang on the tree.

$\frac{3}{4}$ cup shortening.	4 teaspoons soda.
$1\frac{1}{2}$ cups sugar.	4 cups flour.
2 eggs	1 teaspoon cinnamon.
$\frac{3}{4}$ cup molasses.	1 teaspoon ginger.

Cream the shortening, add sugar gradually, mix well, add beaten eggs and molasses. Add the soda which has been dissolved in 4 teaspoons of hot water. Sift flour once before measuring. Sift flour, cinnamon and ginger together and add to the other mixture. Roll thin and cut out cookies. Bake in a moderate oven about 15 minutes. Take cookies off the pan while hot.

### Butterscotch

For Brown Sugar Taffy

Small Recipe	Large Recipe
1 cup brown sugar.	2 cups brown sugar.
1 teaspoon vinegar.	2 teaspoons vinegar.
$\frac{1}{2}$ cup butter.	1 cup butter.
$\frac{1}{2}$ cup water.	1 cup water.

I measure everything and put it all into a saucepan to cook. I stir it well before it starts cooking and then I do not stir any more because if I did my candy might "sugar" and you all know butterscotch isn't a sugary kind of candy.

When it begins to boil as though it was getting quite thick, it's about time to test it so I get a cup or glass of the coldest water I can find. I drop a few drops of candy into the cold water and if it runs around and makes the water look cloudy it needs more cooking. If it goes plunk! to the bottom of the glass and stays in a hard ball that I can lift out with a spoon and hold in my hand and it seems quite solid it is done and I mustn't cook it a single second longer.

While the candy cooks, I always get a plate or platter ready and I butter it well so my candy won't stick to it.

Then I drop small spoonfuls of candy on the plate. I leave a little room between the drops so the pieces won't stick or run together even if they do spread a little. I let them get very cold and then they are ready, and they are so good!

Another way to fix this butterscotch is to pour it out about  $\frac{1}{8}$ -inch thick on the buttered plate, cool and mark off in squares.



### Butterscotch Taffy

If you like the taste of butterscotch you will want to try pulling it like any taffy.

Pour the cooked candy on a buttered plate just as you did before and as it cools fold in the outside edges because they always cool first and folding in the outside once in a while as the candy cools makes it all get ready to pull at about the same time. When it is cool enough so I can handle it, I butter my hands well and take a piece and pull it till it gets stiff. It's a good plan to hold your hands in cold water just before buttering because the candy doesn't stick so to cold hands.

Be sure to have clean hands! If you don't maybe your taffy will look like my little brother's. He was helping, you know little brothers always want to when you're having fun, and the taffy was white, but his was a funny gray before he got through pulling it because he never thought to wash his hands. I guess boys don't unless they are told, at least little three-year-old boys don't!

### Divinity Fudge

Small Recipe	Large Recipe
1 cup sugar.	2 cups sugar.
$\frac{1}{4}$ cup water.	$\frac{1}{4}$ cup water.
$\frac{1}{4}$ cup corn syrup.	$\frac{1}{4}$ cup corn syrup (white is nicest).
1 egg white.	2 egg whites.

For divinity fudge I measure out the sugar and put it in a saucepan. Then I measure out the syrup and put it in and the water, too. I stir it and put it on to cook. I do not stir after this. While it cooks, I beat the egg white very stiff, till it stands alone. When the syrup gets quite thick I try it and if the syrup spins a heavy thread from the spoon it should be done.

Then I get ready to pour it right away. If someone else can help me and pour the syrupy candy while I beat, all the better. I pour the syrup on slowly and stir or beat very hard and fast. When the hot syrup is all poured on the egg white I take a rotary egg beater (that's the kind you turn a handle or wheel) and beat it till it gets too stiff to turn the beater any longer. Then I must keep on beating with a spoon till the divinity is stiff



enough so I can drop spoonfuls on a buttered paper or platter and the drops will stand up nice. If they flatten out, the candy should be beaten a little longer.

If I want a chocolate divinity, I put a piece of chocolate in the hot divinity and let it melt as I stir and beat. When it is ready to drop, you can add nuts if you like.

### Uncooked Fudge Balls

Here is a recipe for fudge balls that is easy because it doesn't even need to be cooked and of course you don't need to worry about whether it is done or not.

1 square of chocolate, melted.	$\frac{3}{8}$ tablespoon cream.
1 teaspoon butter.	$\frac{1}{8}$ teaspoon vanilla.
1 tablespoon egg, beaten.	$\frac{1}{8}$ pound of powdered sugar.

First I melt the chocolate in a bowl and then I add butter, egg, cream, vanilla, and last of all the powdered sugar. If you don't know how much powdered sugar a pound is, I'll tell you that it is about 2 cups, so  $\frac{1}{8}$  of a pound for the small recipe would be about  $\frac{3}{8}$  cup.

Anyway you must keep on adding sugar and mixing well till the mixture is thick enough so you can handle it in your hands. A little powdered sugar on your hands helps keep this fudge from sticking. Take a small piece and shape it like a marble. Then you can finish it with a nut meat or you can roll the ball in cocoanut or in chopped nuts.

### Pinoche (or Penoeche)

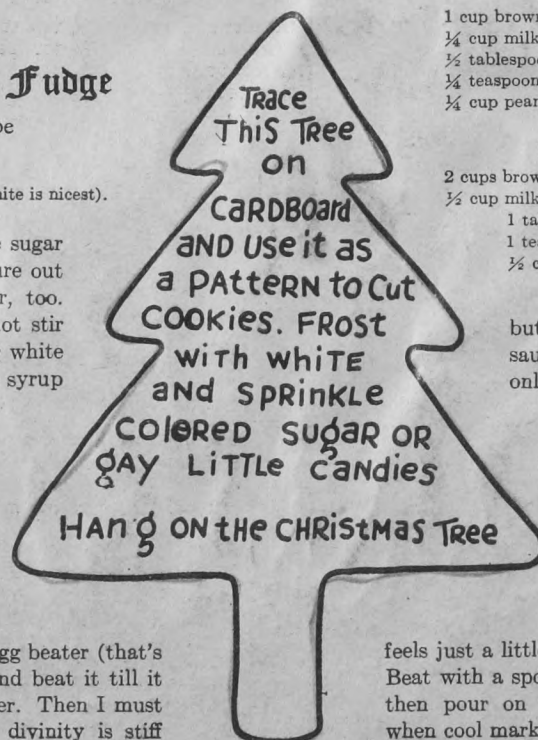
This is a brown sugar fudge that is awfully good, try it this Christmas.

Small Recipe
1 cup brown sugar.
$\frac{1}{4}$ cup milk.
$\frac{1}{2}$ tablespoon butter.
$\frac{1}{4}$ teaspoon vanilla.
$\frac{1}{4}$ cup peanuts, pecans or walnuts.

Large Recipe
2 cups brown sugar.
$\frac{1}{2}$ cup milk.
1 tablespoon butter.
1 teaspoon vanilla.
$\frac{1}{2}$ cup nuts.

Mix the sugar, milk, butter, together in a saucepan and cook. Stir only enough so it won't burn. Test it like fudge dropping a spoonful into a cup of cold water and when it forms a soft ball it is done. Add vanilla and nuts.

Cool well till it feels just a little warm, not hot at all. Beat with a spoon till nearly stiff and then pour on a buttered plate and when cool mark off in squares.





# Things that Every Little Cook Should Know

It is very important that little cooks get the right start, for it is a great help towards becoming a successful cook. On this page are a few simple rules for working, directions for measuring, and a table of measures that is a correct and dependable guide. Many other rules and other valuable helps will come to you in the monthly lesson pages. To know them all is to make cooking easier to do and to be more certain of good results.

## Cup Measurements

For a cupful, fill the cup with the aid of a spoon, and level with a knife. Unless stated otherwise, a cupful means a level one in all recipes. Standard glass measuring cups are very convenient, and those made of glass are especially good for the young cook because they enable her to see whether she has her measuring exactly right or not.

## Rules for Working

1. Wash your hands with soap and water and scrub and clean your nails. If you handle anything not clean wash your hands again.
2. Have your hair neatly fastened back.
3. Wear no jewelry.
4. Wear a wash dress, if available.
5. Never dry dishes with a hand towel or an apron.
6. Never taste with the mixing spoon.
7. Have fire or oven ready for use when needed.
8. Have all necessary materials and utensils at hand, with a utility plate on which to lay sticky knives, etc.
9. Economize in the use of dishes by measuring dry material first, then liquid, and lastly fats.
10. Break eggs separately into a cup or a saucer before putting into the mixing bowl, to see that they are fresh.
11. Save a little milk to rinse the bowl in which the eggs are beaten.
12. Tin dishes and iron spoons discolor batters; so use earthen dishes and wooden spoons.
13. Do not let vinegar or lemon juice stand in a tin dish or cup.
14. Clean up your work and put egg and batter dishes to soak as soon as empty.
15. Stand egg beaters in cold water, but take care not to wet the cogs.
16. Stir and beat with a tablespoon or mixing spoon, never a teaspoon.
17. Hang a piece of paper on the oven door when the oven is in use, to remind you of the baking.

## Table of Measures

3 teaspoons are equivalent to 1 tablespoon.	2 cups sugar (granulated) equal 1 pound.
12 tablespoons are equivalent to 1 cup wet material.	2 cups butter packed solid equal 1 pound.
16 tablespoons are equivalent to 1 cup dry material.	2 cups chopped meat equal 1 pound.
2 cups are equivalent to 1 pint.	2 tablespoons butter equal 1 ounce.
2 pints are equivalent to 1 quart.	1 tablespoon sugar equals 1 ounce.
4 quarts are equivalent to 1 gallon.	1 tablespoon liquid equals $\frac{1}{2}$ ounce.
8 quarts are equivalent to 1 peck (dry).	9 or 10 eggs, depending upon size, equal 1 pound.
4 cups (about) flour equal 1 pound.	The juice of 1 lemon equals 3 tablespoons.

## How to Measure

Great care should be taken to measure accurately, for if the quantities are not exact it often makes quite a difference. The rules below tell you how to do it.



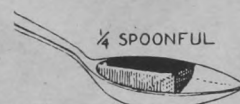
## Spoon Measurement



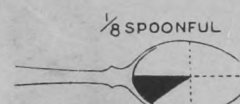
For a spoonful, dip the spoon into the material, lift it, and level true with a knife.



For a half spoonful, level a spoonful and then divide lengthwise through the middle.



For one-fourth spoonful, divide the half spoonful, dividing a little back of the middle.



For one-eighth spoonful, divide a fourth of a spoonful diagonally across from center of spoon to outer rim.



For one-third spoonful, divide the spoon into three equal parts, crosswise, using one part.



For one-sixth spoonful, just cut a third spoonful in half.

In measuring dry material, such as flour, baking powder, soda, powdered sugar, spices, sift or shake up lightly before measuring. Dipping the cup into the material packs it. Fill with a spoon.

To measure butter or lard, pack solidly into a cup with a spoon.

## How to keep this Scrap Book

Watch for the pages of the "Little Recipes for Little Cooks." There will be one each month. Enough blank pages have been provided in this scrapbook to hold twenty-four, which means a monthly lesson for two full years. To make it easy, the first two are already printed in the book. When No. 3 comes to your house, be sure to have father or mother save it for you and to help you cut it out nice and straight to put in this scrapbook. You can use mucilage or paste, if you have some in a bottle; if not, mix up some flour and water and make paste of your own. You do not need to put the paste all over the sheet but just around the edges. Be sure that all of the corners are down tight so that the scrapbook will stand lots of handling. After you paste the page in, lay some heavy books or other weight on it for an hour or so until it is thoroughly dry. This will make the paste stick much better. If you miss a page, write to Betty for it.



# A Message to Mothers of Little Cooks

## Letters from Farm Women

This is a page devoted to letters contributed by our farm women. It has grown into a kind of "Club" where farm women may meet, talk over their interests, exchange ideas, solve their problems, and make new friends. Thousands of letters have been contributed to this department, and the variety of subjects published reflects credit upon the farm women who are efficient housewives and mothers.

## Favorite Recipes

The food problem of any home is important, but none more so than that of the farm home. This is one of the biggest problems the housewife must meet, and the demands made upon her are incessant. New ideas help to lighten the monotony, and the Favorite Recipe department makes a special effort to keep its contributions practical and seasonable yet inspiring with a touch of the unusual.

## House Plans

The Home Section includes a regular feature of house plans and an article on house furnishing. Houses are designed to meet the special needs of the farm, with emphasis laid upon conveniences for the housewife. This department supplies free advice upon remodeling problems, finishing and painting of woodwork and furniture, decorating, etc. Plans and information are supplied by a registered architect at special prices.

## Entertainment Bureau

Readers appreciate this department, which furnishes them with suggestions for house parties, community entertainments, school concerts, dances, afternoon club meetings, and special festive occasions. Amateur dramatic clubs are also given assistance, helping them select suitable plays and supplying information as to scenery, costumes, and stage setting.

## Horticulture

The farm home would be incomplete without its fine garden, its windbreaks, its lawn and flower gardens. This department is included in the Home Section, for usually the farm housewife gives her personal attention to these matters. Articles are published giving seasonable instruction, and a service department sees that all inquiries are answered by expert horticulturists. Every assistance possible is given so that farm homes and gardens may be spots of beauty as well as producers of healthful fruits and vegetables.

## Readers' Exchange

An unique service is the Readers' Exchange. It is based on the knowledge that most households contain articles that have outgrown their usefulness in that home and yet would be of real benefit to some other family. This department allows readers to print, free of charge, notices of such articles, indicating others they would like in return. Thousands of readers avail themselves of this service.

## Fiction and Books

The Nor'-West Farmer and Farm & Home maintains an interesting fiction department. Each issue contains an instalment of a serial story selected with utmost care from among writers who have something worthwhile to offer in educational entertainment. Seasonable short stories appear to interest adults and children.

Dr. J. T. Nichols' "Birdseye Views of Far Lands" series, are interesting articles, based on his own experience as a world-wide traveler. His books are sold through the Book Department, along with books on various subjects applying to the farm and home.



IN introducing the series of "Little Recipes for Little Cooks," The Nor'-West Farmer and Farm & Home adds one more unit to its Home Section. Each unit has been designed to deal co-operatively with one phase of the farm woman's interests, and its success is judged by the contribution it makes to the farm home.

Reflecting personal experiences of readers and including specially prepared feature articles, these important departments have direct contact with the individual reader. On this page is a short review of the features that make up the Home Section.

**The Nor'-West Farmer**  
The Pioneer Farm Journal of Western Canada  
and FARM & HOME

## Mothers' Mutual Help Club

The problems of young mothers are welcomed by this department. Two series of letters and bulletins supply, by correspondence, timely information on prenatal care and the care of the young child. A doctor's expert advice is available at all times, free of charge, as are also the bulletins, and the advice of a dietitian. This work fills a real need for mothers who are deprived of the benefits of clinics, doctors, and often even of district nurses.

## Of Interest to Women

This department covers a wide range of subjects. The interests of the modern home embrace a variety that would bewilder anyone but a housewife; working schedules and details, labor saving devices, cleaning methods, sewing and laundry problems. Every interest of the home is the interest of the housewife. This department hopes, by lightening the load of household duties, to fill every woman with pride in her accomplishments and home.

## Fashions

The farm woman is often the family seamstress. Our Fashion page, offering a wide selection of practical patterns, helps keep the family well clothed at a minimum cost. Patterns are selected from New York styles and marketed at a low cost to our subscribers. Excellent features about these patterns are their stylish simplicity and the instruction charts which make them easy to follow.

## Health Department

Under the capable hands of an efficient doctor our Health Department supplies our readers with medical service free of charge. Many minor illnesses are successfully treated at home under his direction; others require personal examination and attention, which are then advised. In localities where there are no doctors this service gives invaluable assistance to all members of the family.

## The Parents' Page

Modern methods of child training are discussed on this page by one experienced in this work. Parents are often perplexed with problems of discipline that are solved in a simple way by this department, either through its published articles or correspondence service. We feel that permanent benefit will result from this series of talks, which are as helpful to the child as they are to the parent.

## The Music Club

Old songs never lose their charm. These favorites are beloved by young and old, and our Music Club is for the purpose of exchanging words of old songs and fostering an appreciation of good music in every home. This department appears periodically in the pages of The Nor'-West Farmer and Farm & Home, but the greater part of its work is done by personal correspondence.

## Boys' and Girls' Club

The Prince Edward Club for boys and girls has a membership of over seven thousand. These members contribute letters, original stories, poems, and puzzles to their page, and respond with enthusiasm to contests held among them. A large number of boys and girls have built up correspondence among themselves and consequently find companionship which is so important.